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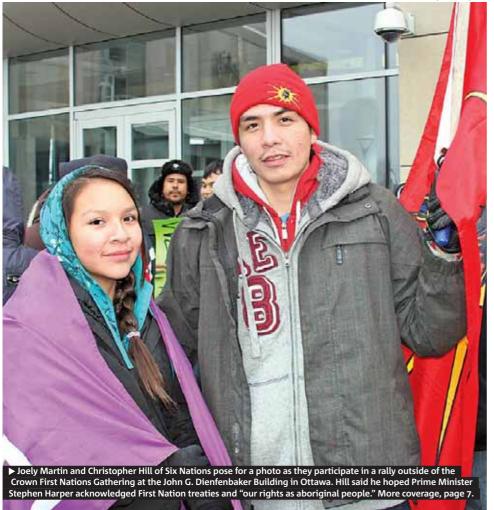
ALL-STAR CELEBRATION KICKS OFF ON THURSDAY (special section)

OTTAWA netra

Wednesday. January 25, 2012 www.metronews.ca



News worth sharing.



Protests may not stay peaceful, chiefs say

Protesters bus in to capital Chiefs repeat warnings of 'aboriginal uprising'

Hundreds of First Nations people marched peacefully across the city shouting slogans and making speeches about their land and treaty rights Tuesday as chiefs and federal ministers met at the Crown First Nations Gathering.

"Whose land is it? Our land!" cheered protesters outside of the John G. Diefenbaker Building, as officials talked inside.

Irene Kells, Chief of Zhiibaahaasing First Nation, said she came to the rally because she had a message: "We believe it in our hearts, that this land is ours, and it has always been ours."

"Through the treaties, a promise (was) made to protect our health, our land, our fishing rights and our

hunting rights, our own way of life, our spirituality, our life and our education," she said. Many ralliers were young. "I want to help support our cause, help support our people," said Joely Martin, who came from Six Nations, a large territory south of Hamilton.

Later, some chiefs came out to address the crowd. Assembly of First Nations Ontario Regional Chief Angus Toulouse took the mic and said peaceful protest may not be enough if nothing changes soon.

"Are we going to have another nice peaceful one like today or do we need to make some other kind of noise to ensure that this government can see us?" Toulouse



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Drake will be a star at the All-Star Game

Grammy-Award nominated singer Drake will be performing at the All-Star Game in Ottawa on Sunday at Scotiabank Place, the National Hockey League announced on Tuesday

The Toronto native and

For more coverage of the All-Star Game, see page 19

former Degrassi: The Next Generation star will perform during the second intermission of the



game, according to a NHL news release.

Javier Colon, the winner of season one of NBC's The Voice, will sing the U.S. national anthem.

And rapper Outasight will perform his single Tonight Is The Night during the player introductions.

Drake, a two-time Juno Award winner, released his latest studio album Take Care in November and is nominated for three 2012 Grammy Awards.

O IOE LOFARO

Bell cuts 65 jobs at call centre

Union fears for workers' future



The union representing Bell Canada workers in Ottawa said the telecommunications company is eliminating 65 positions here as it consolidates its call centres in Mississauga.

The Communications, Energy and Paperworkers Union of Canada said members were told Tuesday. The Ottawa call centre is closing as a result of the organizational change.

Bell Canada spokesperson Jacqueline Michelis said in an email the change is meant to improve customer service and operational efficiency.

Bell has measures in place to assist departing

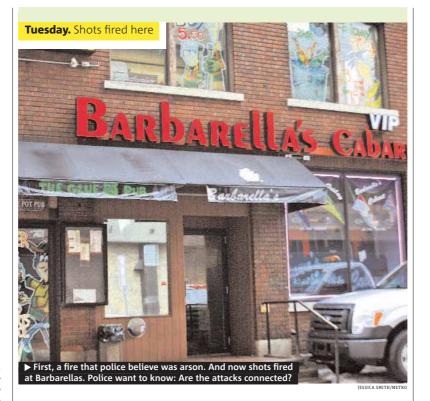
"We're lucky if we get one job posting in Ottawa every two months, so I would like to know where these jobs are going to come from"

CEP 6004 PRESIDENT

employees, Michelis said.

They will have the opportunity to find a new position at Bell. Any that do not find a new opening and depart will be offered severance packages, Michelis added.

Michelle Arruda, president of the local CEP 6004, said she is worried about the job prospects for the workers.



Who's targeting Barbarella's?

Police are investigating whether shots fired around 3:30 on Tuesday morning at Barbarella's Cabaret on Queen Street are connected to last week's arson fire there. Police spokesperson Marc Soucy said investigators will "look at all avenues and see if they can find a connection." A man who answered the door at Barbarella's on Tuesday morning said he was the owner but wouldn't comment or give his name.





WTA wants players to do way with the grunt during matches. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at

On the web at metronews.ca



India's Sikhs aren't laughing at Jay Leno's Mitt Romney joke. Watch at metronews.ca/ video.



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Kids told to 'think before you click'

Privacy commissioner visits school New online tools teach kids, parents about protecting privacy



Jennifer Stoddart, Canada's privacy commissioner, paid a visit to Hopewell Avenue Public School in Ottawa Tuesday to warn students about protecting their online reputation on popular social networking websites such as Facebook.

Stoddart announced the launch of new educational tools at youthprivacy.ca with a youth-oriented video warning kids to "think be-fore you click" amid ongoing concern that some are sharing too much personal

"The only thing I would probably do is check my privacy settings again to see that everything is completely private because I think that's one of the most important things you can do."

ALISE GRANT, GRADE 8 STUDENT AT HOPEWELL AVENUE PUBLIC SCHOOL

information on the Inter-

net.
"The net never forgets,"
"While Stoddart. "While they're young, exuberant, and enthusiastic they have to live with the reality that whatever they put online follow them all around."

She said some youth don't realize the risks involved with social networking websites or how they work. The new tools include a toolkit for teachers to discuss privacy issues and tip sheet for parents.

"We're hoping that by making tools available that could be used in schools across Canada, that we can educate a new generation from the beginning because they're growing up with this technology," said Stoddart.

PEDESTRIAN INJURED

Witnesses sought in snowplow crash

Police are seeking witnesses who saw a woman being hit by a snowplow Monday night. The woman is is in criti-

cal condition in hospital. Paramedics said the 40-year-old woman was struck by a snowplow and became trapped underneath around 5:18 p.m. Monday near Woodroffe Avenue and Iris Street.

Firefighters helped pull her out and she was treated for life-threatening internal injuries and fractures to her lower

The 57-year-old driver was uninjured and alcohol and speed do not appear to be factors in the collision, police said.

Investigators are trying to determine how and why the crash occurred, but very few witnesses have come forward to police. ● JOE LOFARO

Shots fired in south **Ottawa**

The Ottawa Police Service's Guns and Gangs Unit is investigating shots being fired on the 2000 block of Cedarwood Drive in the Heron Gate community early Tuesday morning.

Ottawa police received a call at 3:30 a.m. and said a residence had been shot at a number of times. No injuries were reported from any of the residents, police said. • METRO

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Sex killer's wife to fight | 'America is back' appeal of media ban

Opening divorce proceedings to the public would cause Russell Williams' wife more harm: Lawyer

Ontario's top court is granting an appeal of a sweeping publication ban on the divorce of convicted sex killer Russell Williams.

But most of the provisions of the ban will remain in effect for 14 days so that Williams' estranged wife can take steps to challenge the decision if she wishes, according to the 28-page decision released Tuesday by the Ontario Court of Appeal.

Mary Jane Binks, the Ottawa lawyer representing Williams' wife, said her client will take the matter to the country's highest COURT. THE CANADIAN PRESS

Fighting the ban

The ban was challenged by a coalition of news agencies, including the Ottawa Citizen, the Ottawa Sun, CTV, CBC and Global TV.

- Richard Dearden, who represents the media, called it an "important decision for freedom of the process."
- "There's a real public interest in knowing how the court is going to divide assets, like Mr. Williams' military pension, and what's going to be left over for Mr. Williams' victims to seek to enforce any judgments."



says "America is back" as a world power.

The president gave a flag-waving defence of American power and influence Monday night as part of his State of the Union address. He said world opinions about the U.S. are on the rise, and he calls America the "indispensable nation" in world affairs.

He talked about extending new ties and influence

toward Asia, while claiming that old alliances in Europe and elsewhere are stronger than ever. Obama also cited the example of Iran, where with U.S. prompting much of the world is now united in applying sanctions over Iran's disputed nuclear program.

Obama left out that the sanctions net has holes, because some of Iran's large oil trading partners won't go along. THE ASSOCIATED PRESS

News in brief

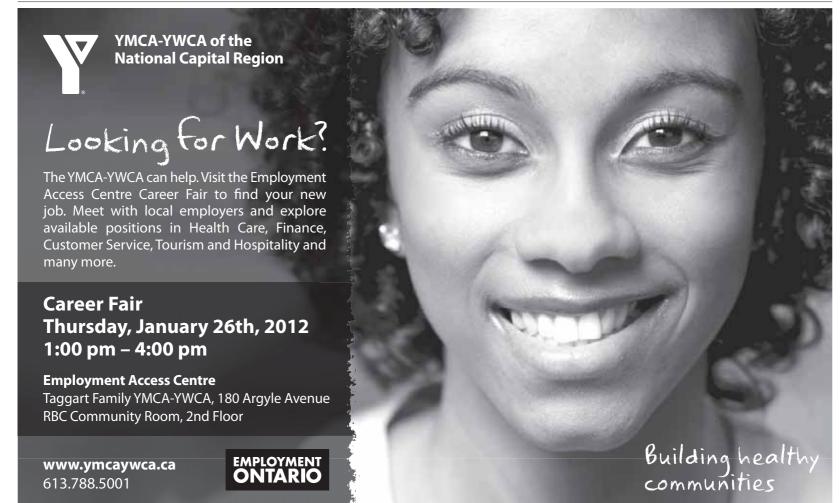
Bandit hurt his own case: Docs

Federal court documents say the "Barefoot Bandit" ridiculed police and prosecutors in emails he sent from prison,

undercutting his claims that he's sorry for his two-year crime spree. He bragged that his accomplishments were "amazing." THE ASSOCIATED PRESS

B.C. commune wants tax break

The leader of a B.C. polygamous commune on trial for suspected tax evasion says money earned by his followers is used in the community. Winston Blackmore says his community deserves special religious tax status. The canadian press





PM, chiefs at odds over Indian Act

• Harper has no plans to repeal legislation • But many native leaders see it as an obstacle to change

What was billed as a historic coming together of the federal government and First Nations began with the two sides polarized over the future of the Indian Act.

Prime Minister Stephen Harper sees it as something that can be updated to reflect modern prac-

But Shawn Atleo, national chief of the Assembly of First Nations, led a parade of speakers who described the century-old leg"After 136 years, that tree has deep roots. Blowing up the stump would just leave a big hole."

PRIME MINISTER STEPHEN HARPER ON THE INDIAN ACT

blocking the path to collaboration.

They laid out their views in back-to-back speeches Tuesday during a major meeting of First Nations leaders and government ministers and officials.

The Indian Act, first passed in 1876, gave Ottawa exclusive jurisdiction over "Indians and Lands Reserved for Indians." The legislation, which was last amended in 2000, sets out rules on everything from how reserves operate to the effect of marriage on status.

Calling the Indian Act "an act of neo-colonial-Jody Wilson-Rayism." bould, regional chief of B.C., said Canada's natives require "core governance reform." THE CANADIAN PRESS

Theories not enough: Defence

There are simply too many unknowns to be able to convict a man of four counts of first-degree murder in the deaths of his daughters and wife, a jury in Ontario heard Tuesday in a case prosecutors allege is a so-called honour killing.

The Crown alleges Mohammad Shafia, 58, one of his two wives and their son killed Shafia's three daughters and other wife. The bodies were found June 30, 2009, in a car at the bottom of a canal in Kingston,



but the Crown did not present evidence specifically detailing how it believes the four died.

The Crown has suggested it believes the four were dead before the car plunged into the water, but in his closing address Tuesday Shafia's lawyer told the jury they can't rely on theories.

Court has heard evidence it appears the four females made no attempt to escape the car through an open window, and the bodies were found eerily suspended inside.

THE CANADIAN PRESS



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Oil crews gather at Concordia

Workers in place, ready to remove gallons of fuel from grounded liner → Death toll rises to 16 after body found

A barge carrying a crane and other equipment hitched itself to the toppled Costa Concordia on Tuesday, signalling the start of preliminary operations to remove a half-million gallons of fuel from the grounded cruise ship before it leaks into the pristine Tuscan sea.

Actual pumping of the oil isn't expected to begin until Saturday, but teams from the Dutch shipwreck salvage firm Smit were working on the bow of the Concordia on Tuesday and divers were to make undivers were to make un-

derwater inspections to identify the precise locations of the fuel tanks.

They were at work on the now-hitched Meloria barge as divers who blasted through a submerged section of the third-floor deck located another body from the wreckage, bringing the death toll to 16.

The Concordia ran aground and capsized off the Tuscan island of Giglio on Jan. 13 after the captain veered from his approved course and gashed the ship's hull on a reef, forcing the papicked evacua-

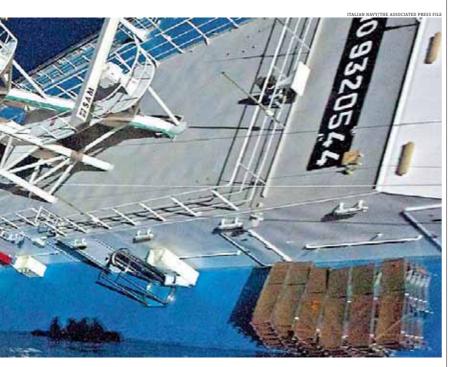
tion of 4,200 passengers and crew.

The 16 bodies found so far include the one located on the third-floor deck Tuesday. Seven of the badly decomposed bodies remain unidentified and are presumed to be among some of the 17 passengers and crew still unaccounted for. On Tuesday, the U.S. ambassador to Italy, David Thorne, was at Giglio's port where he had lunch with relatives of two missing Americans, Gerald and Barbara Heil of Minnesota.





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Saving Venice

- The disaster prompted the UN cultural organization to ask the Italian government to restrict access of large cruise ships to Venice, which is a UNESCO World Heritage Site
- UNESCO charged that the liners cause water tides
- that erode building foundations, pollute the waterways and are an eyesore.
- Italy's environment minister, Corrado Clini, appeared to take up the cause Tuesday. "The aim is to free St. Mark's basin from the big ships once new canals have been dua"



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WikiLeaks founder takes act to TV, promises controversy

• 40-year-old Julian Assange to host new talk show that will air in March

You've read his leaks. Now watch his show.

metr@news

Cyber-transparency activist Julian Assange says he's launching a career in television, hosting what he's billing as a new brand of talk show built around the theme of "the world tomorrow."

The show's haven't been disclosed, but Assange has promised to give viewers more of what he's been supplying for years: Controversy.

The WikiLeaks secretspilling site said in a statement released late Monday that "iconoclasts, visionaries and power insiders" would be brought in so that Assange could challenge them on their vision of world affairs and "their ideas on how to secure a



brighter future.

The world of television talk shows is a new one for the 40-year-old Australian, whose group has orchestrated the biggest mass-dis-

documents in U.S. history. But the statement argued that Assange was uniquely qualified for the role given his past as "a pioneer for a more just world and a victim of political repression."

WikiLeaks

WEDNESDAY, JANUARY 25, 2012

- WikiLeaks said the show would begin airing in mid-March.
- Julian Assange is currently fighting extradition to Sweden over sex crimes allegations, and U.S. officials are weighing WikiLeaks' charaes.

In its statement, WikiLeaks referred queries about the series to the hitherto obscure Quick Roll Productions, whose website carried no indication of where the group was based or who was managing it. An online records search indicated that Quick Roll's was about two weeks ago. THE ASSOCIATED PRESS







IMF cuts Canada's growth forecast

Canada's recovery is being dragged down by a cascading crisis in Europe and weakening conditions elsewhere, the International Monetary Fund suggests in its latest economic outlook.

The Washington-based monitor of global financial affairs said Tuesday that Canada's economy will likely now grow by only 1.7 per cent, more than half a point below 2011's 2.3 per cent advance. The new forecast is three notches lower than the Bank of Canada's estimate last week — and two-tenths of a point lower than the IMF's own previous call in September.

The IMF doesn't see the economy in Canada strengthening much in 2013. Unlike the central bank, which predicts 2.8 per cent expansion, it says Canada's recovery will be restrained to two per cent.

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That's still tops among G7 countries for the two years combined, but only because the other six members of the club will be hit even harder by the EU crisis

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Germany, Italy and Spain will record negative growth in 2012 and the eurozone as a whole will suffer a mild recession, the IMF said.

THE CANADIAN PRESS

Women's groups condemn tabloids

U.K. inquiry moves from hacking to the portrayal of women in media

Britain's inquiry into media ethics shifted its focus away from phone hacking Tuesday to look into how women are portrayed in U.K. newspapers.

Women's-rights campaigners told the inquiry that newspapers treat women as sex objects and mis-report cases of rape and domestic violence.

Anna Van Heeswijk of women's-campaigns group Object said that sexualized images of topless or skimpily clad women in British tabloid newspapers damage the way young women think of their appearances and lifestyles.

She said anyone who complained about the newspapers' use of these images in turn was vilified, and pointed to how The Sun newspaper called law-maker Clare Short "fat, jealous" when she tried to stop the tabloid from printing a

daily photograph of a topless woman on page 3.

"Clearly the effect has been to close down free speech in relation to groups and individuals making a critique against these newspapers," Van Heeswijk said.

Marai Larasi of campaign group End Violence Against Women said newspaper stories about attacks on women often focused on their actions, implying that somehow they had provoked their attackers. She said newspaper reports about a woman murdered by her husband after she announced a separation on social networking site Facebook focused on her actions and not her husband's violence.

"The fact that it became known as a Facebook murder is symbolic," she said. "It was the murder of a real woman by her partner."

Prime Minister David



Cameron set up the media ethics inquiry after revelations that Rupert Murdoch's News of the World newspaper had illegally listened to mobile phone voice mails of celebrities,

NATHAN DENETTE/THE CANADIAN PRESS

politicians and crime victims.

The inquiry, led by Judge Brian Leveson, is hearing suggestions for new forms of press regulation.

THE ASSOCIATED PRESS

U.S. job-discrimination complaints hit record high

Job-discrimination complaints in the United States rose to an all-time high last year, led by an increase in bias charges based on religion and national origin.

The Equal Employment Opportunity Commission received nearly 100,000 charges of discrimination during the 2011 fiscal year, the most in its 46-year history. That's a slight increase over the previous year, which had 25 fewer com-

plaints.

Charges of religious discrimination jumped by 9.5 per cent, the largest increase of any category. Claims of bias based on ancestry or country of origin rose five per cent.

Experts say the increase reflects the growing diversity of the work force. The commission does not specify which religious or ethnic groups filed the most charges. THE ASSOCIATED PRESS

FREE ADMISSION

RIM shares keep falling

Research in Motion shares fell again Tuesday amid continuing questions about whether the BlackBerry maker's new chief executive and chairwoman will be able to fix the global smartphone company.

In the two days of trading since Canada's premier information-technology company announced Mike Lazaridis and Jim Balsillie have stepped aside as co-CEOs, while remaining di-

rectors, RIM has lost about \$1 billion in market value.

The stock closed down about three per cent, or 50 cents, at \$15.17 on the Toronto Stock Exchange on

Tuesday on the heels of a near 10 per cent drop on Monday. The shares closed at \$17.24 on Friday.

Scotiabank analyst Gus Papageorgiou suggested there are ways for RIM to

► Former RIM co-CEOs Jim Balsillie, left, and Mike Lazaridis.

do better, including licensing its QNX operating system to other smartphone makers, but new CEO Thorsten Heins said Monday that wouldn't be a priority. THE CANADIAN PRESS

Not enough jobs for unemployed: StatsCan report

Canada had a quarter-of-amillion job vacancies during the summer last year, but there were three times as many people looking for work, according to a new Statistics Canada survey. The agency said there were 248,000 job vacancies on average, when the national unemployment rate ranged from 7.1 per cent to 7.3 per cent. It now stands at 7.5 per cent.



A LA CARTE

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JUST SO WE'RE CLEAR — THEY'RE CATS

JUST SAYIN' ...

PAUL SULLIVAN



"And shame on

Air Canada for

knuckling under.

I like peanuts,

but the airline had no difficulty

depriving me of

the tasty legume

in order to

protect other

passengers from

anaphylactic

shock. As if?"

OK, class, today's question: How did we get from seeing eye dogs to emotional support animals?

Air Canada is trying to figure out how to accommodate people who

insist on taking their cats on the plane and at the same time protect people who are allergic to cats.

They forgot to ask me, but the answer is obvious. Tell people to leave Kitty at home.

I have nothing against cats, but referring to them as "emotional support animals" and thereby elevating them to the status of seeing eye dogs is a stretch and a clear sign that the entitlement society needs to cough up a hairball and get real.

I realize I'm treading on wafer-thin ice, but if you want an emotional support animal, get a golden retriever. They love everybody, almost as much as they

love food, and are happy to see you, especially if you come with food.

Cats, on the other hand, barely notice other species that aren't dinner. They may crawl into your lap and go to sleep, but only because it's a warm place to go to sleep. They don't discriminate, as anyone who has ever awakened to find a cat sleeping on their face can tell you.

But, even if Kitty loves you, why return the favour by stuffing Kitty in a tiny box and making her fly economy?

(Just to make it clear. I'm an equal opportunity

curmudgeon: The same goes for shih tzus and the like. Leave your adorable mutt at home in the care of a kompetent kennel.)

What's really annoying is this tendency to escalate beyond all reason. It's one thing to feel the urge to take Kitty to visit Aunt Bossy in Halifax, quite another to declare Kitty an "emotional support animal," raising her companionship to the level of ersatz human right. Right.

And shame on Air Canada for knuckling under. I like peanuts, but the airline had no difficulty depriving me of the tasty legume in order to protect other passengers from anaphylactic shock. As if?

Air Canada needs to know I'm addicted to peanuts. Once I get start, I can't stop. Without peanuts, I'll never make it to Halifax. Those little cracker thingies don't fill the bill; I require emotional-support nuts.

And if I don't get them, I'll complain to my friendly neighbourhood Human Rights Commission, which never met a complaint it didn't like.

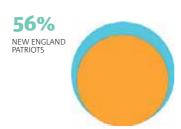
Then, I'm going into hiding.

Read more of Paul Sullivan's columns at metronews.ca/justsaying



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Who do you think will win the Super Bowl?



44% NEW YORK GIANTS

Local tweets



- @englishkristy: @Lindseyk-Myers it's being taped...right now I'm listening to D on the phone with Rogers again trying to locate my lost iPhone! He got his!
- @rljd: @pictureplane The trick is realizing that "transgressive" =/= "desirable in effect," or "not harmful." Not automatically positive.
- @GeeGees12: Fired up for Tigers return this Thursday at 4am!! First we see of him after his huge win at the Chevron World Challenge!! @Biracialfacial
- @_AnthM: Hot girls wearing glasses equals #DAMN
- @DaveB_01: #TheGirlWith-TheDragonTattoo got snubbed BIG TIME on nominations day except for a best actress nod for Rooney Mara SMDH #OS-CARS
- @nonstopnicktv: Sitting at Ottawa's @MillStreetBrew

Itsy-bitsy spiders—hard at work

Spider silk cape put on display

LONDON. This may not fit arachnophobes!

A golden cape created from silk spun by more than a million spiders goes on display at London's Victoria and Albert Museum.

The hand-woven garment took more than four years to make from the silk of 1.2 million female golden orb spiders, native to Madagascar.

MWN



"We wanted to make something (in which) you'd feel cocooned like a spider web. ... There is a strange dichotomy between the repulsive and 'poetic' in spiders." SIMON PEERS, TEXTILE EXPERT AND CO-CREATOR

How 80 people collected silk

PROCESS. To create the textiles, spiders are collected each morning and harnessed in 'silking' devices.

Trained handlers take out the silk from 24 spiders at a time.

Unlike mulberry silk from silkworms, in which the pupa is killed in its cocoon, the spiders are returned to the wild at the end of the day.

MNN



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Winners and losers

▶ Even before awards night, there are clearly some overlooked films heading into the Oscar season ▶ But there are a few big surprises, some odd nods and Canadian talent in the mix



In the first year where the number of Best Picture nominees can be anvwhere between five and 10, the Academy of Motion Picture Arts and Sciences settled on nine Tuesday morning, with The Artist, The Descendants, Extremely Loud & Incredibly Close, The Help, Hugo, Midnight in Paris, Moneyball, The Tree of Life and War Horse doing battle for the big prize. Here's a look at the winners and losers heading into Oscar season.

BIGGEST WINNERS

Martin Scorcese's delightful Hugo garnered the most nominations with 11, with popular favourite The Artist right behind at 10. Stephen Spielberg's War Horse and David Fincher's The Girl with the Dragon Tattoo received six and five nominations, respectively, though neither made it into the Best Director category. But the biggest winner of is Bridesmaids - and comedy in general with the

raunchy box office hit pulling in nominations for Best Adapted Screenplay as well as Best Supporting

Carthy. BIGGEST LOSERS

The biggest omission seems to be in the Best Animated Feature race, which Spielberg's The Adventures of Tintin has been winning handily at other awards shows. But the European favourite

Actress for Melissa Mc-

didn't earn a mention in this category. Outside of animation, Clint Eastwood's Oscar-bait misfire J. Edgar failed to earn a single nomination.

BIGGEST SURPRISES

The pair of nominations for Extremely Loud & Incredibly Close — Best Picture and Best Supporting Actor — seemed to come out of nowhere, as the film hasn't made an impact in any other awards races. A

Better Life star Demián Bichir, who also earned a Screen Actors Guild nomination for his outstanding performance, is a welcome surprise that will hopefully bring attention to an amazing but overlooked drama. And while Iran's A Separation is unstoppable in the Foreign Language category, many expected Angelina Jolie's In the Land of Blood and Honey to at least garner a nomi-

Local talent

Canadians at the Oscars

- Nominations Torontoborn, Montreal-raised acting legend Christopher Plummer nabbed a Best-Supporting Actor nomination for Beginners.
- Score Toronto-born composer Howard Shore is up for best score for Hugo.
- Language Philippe
 Falardeau's Monsieur
 Lazhar is nominated for
 best foreign-language film.
- Short Montreal's Patrick
 Doyon is up for best
 animated film for his short
 Dimanche/Sunday. Meanwhile, Calgary-based filmmakers Amanda Forbis
 and Wendy Tilby are in the
 running for their Prairiebased picture Wild Life.
- Mixing Welland, Ont.raised David Giammarco hit a home run with a nomination for best sound mixing for Moneyball.

nation, as it did at the Golden Globes.



Court

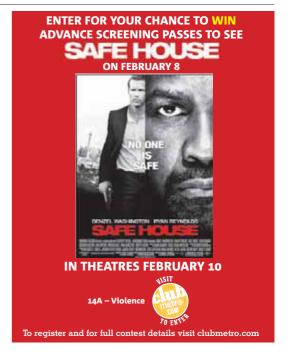
A trial to decide the broadcast rights of the Golden Globe Awards is set to start after a judge and attorneys resolved last-minute issues concerning witnesses and exhibits. THE ASSOCIATED PRESS

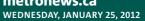


from Nickelodeon with a more adult role in 'Joyful Noise'











• Looking to survive a plane crash in the Andes? Or how to live as a shipwrecked loner on a tropical island?

• Just press 'play' and sit down with a bowl of popcorn



IN FOCUS

RICHARD CROUSE SCENE@METRONEWS CA



This Christmas I got a book The Worst-Case Scenario Survival Handbook.

Contained within were tidbits of information on how to survive shark attack, a volcano eruption, even what do when the pilot passes out leaving you to land the plane.

It's an interesting read, but I am a visual person and have learned much more about survival from watching movies than from the pages of this book.

From this weekend's The Grey, a man versus nature tale starring Liam Neeson, I learned that empty airplane booze bottles can be broken, wedged between your fingers and repurposed as Wolverine-style knuckles of death.

Hopefully I'll never have to use that trick, but it is just one of many leslearned the at movies.

Alive, the story of Uruguay's rugby team whose plane crashed in the middle of the Andes mountains, I learned that cannibalism is a good way to stave off hunger pangs.

A similar lesson was taught in the Robert Redford film Jeremiah Johnson, based on a real-life trapper named John Johnston, nicknamed "Liver Eater Johnston" for his habit for cutting out and eating the livers of men he killed.

From the true-to-life mountain climbing movies 127 Hours and Touching the Void, I learned perseverance.

In the former a man is wedged literally between a rock and a hard place. To get free he cuts off his own arm with a pocketknife. Now that's stick-to-itiveness!

The latter sees a man with a severely broken leg crawling his way out of a deep crevice to safety.

From Cast Away, Tom Hanks's stranded-on-adesert-isle movie. I learned how to build a raft from a portable toilet, and how, in lieu of friends, a soccer ball with a bloody handprint can be man's best friend.

Should you find yourself stranded on a snow-

"From this weekend's The Grey, a man versus nature tale starring Liam Neeson, I learned that empty airplane booze bottles can be broken, wedged between your fingers and repurposed as **Wolverine-style** knuckles of death."

shoer mountain top think back to the Lance Henriksen movie Survival Quest; not only does it teach viewers to forage for food and raft raging waters, but also how to dig an ice cave to survive the bitter cold.

In case of a zombie attack the classic George A. Romero movies teach us all we need to know. Remember the rhyme: "Shoot the living dead in the head."

Should you find yourself in mortal combat with a monster, another tip learned from dozens of other horror films suggests that once you've slain the creature, don't double check to make sure its really dead.



CBS pumps up the raunch factor

Network's Monday night comedies push the barriers with risque jokes — topic include anal sex, prostitution, herpes, flatulence, bowel movements and drug use

Last week seemed typical for CBS' sitcoms on Monday night, television's most popular — and raunchy —night of comedy.

There was a strip club visit on How I Met Your Mother, lap dance included. The stars of 2 Broke Girls mistakenly believed an upstairs neighbour ran a brothel. Two and a Half Men included jokes about masturbation, oral sex, sex with moms, trading cigarettes for sex and two scenes with loud noises of passion from behind closed doors.

A quick count found 53 sex jokes on the network's four comedies, which includes Mike & Molly. There were also nine jokes about flatulence or bowel movements, and two scenes where marijuana use was clearly implied — one with a teenage boy.

The subject matter leaves some viewers queasy, such as Amanda St. Amand, mother of two college students from St. Louis. She said the shows go past raunchy fun to just plain raunchy. She rarely watches them anymore.

CBS and producers of the comedies strongly defend their work and point to the shows' success as evidence they're doing something right. Two and a Half Men is TV's favourite comedy, How I Met Your Mother has its best ratings ever in its seventh year and 2 Broke Girls is a breakout freshman hit.

CBS Entertainment President Nina Tassler said the comedies are "a little risque," but that the characters are living truthfully within their particular circumstances.

"The fact that there is such strong ratings growth for all of them means that those shows are resonating," Tassler said. "It means that the characters are resonating. It means that their dialogue is really landing with audiences."

2 Broke Girls opened its





Where's the line?

"That's one of the great things about broadcast television is nobody really knows what's appropriate anymore. It's a floating target." – Chuck Lorre, whose prolific production company oversees Mike & Molly and Two and a Half Men.

episode with the two lead characters trading four raunchy jokes with the leering cook in the diner where they work.

Show creator Michael Patrick King reacted strongly earlier this month when he was questioned at a meeting of the Television Critics Association about jokes in his show regarding anal sex.

"It's 8:30 on Monday on CBS in 2012," said King, former producer of Sex and the City for HBO. "It's a very different world than 8:30 on Monday on CBS in 1994. ... I consider our jokes really classy dirty. I think they're high low-brow. I think they're fun and sophisticated and naughty, and I think everybody likes a good naughty joke."

In last Monday's episode, which had four jokes about prostitution and four about herpes, Caroline and Max go to see the madam of a brothel and knock on the wrong door to be greeted by a man wearing a dog collar and leash.

One viewer, 36-year-old Allison Trembly of Denver, Colo., said she's a fan of the Monday comedies. "I can relate to the humour," said Trembly, who is single and an economic development and marketing specialist. "Sometimes I wonder if the audience gets some of it. But they must because the night is highly rated."

THE ASSOCIATED PRESS



I saw mommy kissing ... 10 guys in a hot tub

Emily Maynard becomes the first single mom to star on the Bachelorette

THE WORD

DOROTHY ROBINSON SCENE@METRONEWS.CA



Here's the thing about The Bachelor and The Bachelorette: If you want to put yourself in a ridiculous situ-

ation by vying for the "love" of some stranger while a group of other similarly-dressed people do the same on national TV, that's fine. You are a (semi) rational adult and that's your weird bag. However, it's when kids are involved that I get the heebie-jee-bies

It was announced yesterday that Emily Maynard, the 25-year-old single mom who was the chosen one on The Bachelor with Brad Womack, but then broke up with him shortly thereafter, will now be the star of the eighth season of The Bachelorette.

Although there is no word on what kind of role Maynard's six-year-old daughter will play in the



series, the ABC press releases are quick to point out that Maynard is the first single mom to star in the series. Maynard's little girl also appeared on The Bachelor.

Look. It's great that sin-

But isn't it confusing enough for little children when their parents date multiple people/make-out half-dressed in hot tubs without being on network TV?

gle moms can be on The Bachelorette.

In fact, the series needs to broaden their casting net — more single moms! More single dads!

How about single grand-dads? Heck, what about a contestant who isn't white? But isn't it confusing enough for little children when their parents date multiple people/make out half-dressed in hot tubs without being on network TV?

Let's hope ABC won't showboat the little girl for ratings, like they did with single dad Jason Mesnick's then four-year-old son Ty on The Bachelor.

Let's leave that poor parenting to Teen Mom, shall we?

Talking points

Aniston fuels pregnancy rumours by turning down new movies

OR MAYBE SHE JUST ISN'T THE DRAW SHE ONCE WAS Jennifer Aniston doesn't have any new acting gigs lined up, and sources say that's just how she likes it, according to the Daily Mail.

"She wants to focus on herself and hopefully becoming a mother," a source says. "She is thinking of

"She is thinking of launching her own fashion line which would allow her to spend more time at home."

The source adds that Aniston has not scheduled any movies in the "foreseeable future," telling her agents "she needs a break."

Rumors circulated last week that Aniston is six months pregnant, and reps for

Celebrity tweets



"Sitting on a balcony watching @CormacCMcCarth

far hills.
White spire peaks. I feel
blessed. Despite the stabbers the day has been



@ParisHilton

"Had fun at
Sundance,
just got
back to LA. I
will be posting

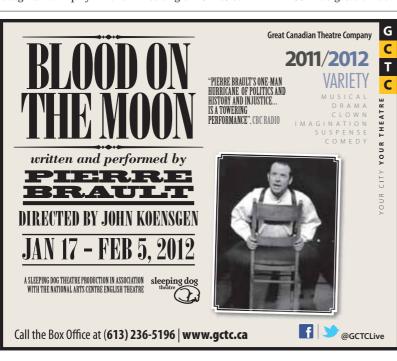
some iPhone pics from my trip soon. Stay tuned..."

the actress have neither confirmed nor denied the reports.

METRO

Berry's ex charged with endangering her child

KEEP COOL Gabriel Aubry, Halle Berry's ex-boyfriend and the father of her daughter, is reportedly being investigated for criminal child endangerment and battery, according to TMZ. Law enforcement sources say Aubry allegedly shoved his nanny into a door while she was holding his and Berry's three-year-old daughter, Nahla.





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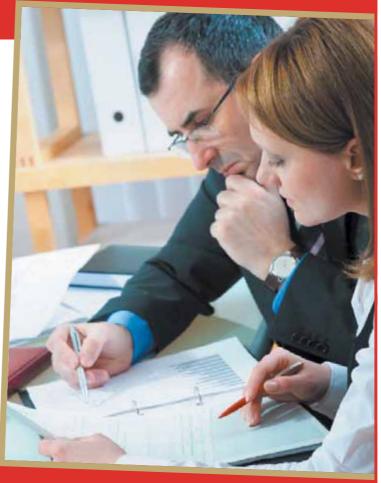
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 ▶ Events include All-Star Fantasy
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 Junior Skills Competition and
 NHL All-Star Skills Competition



While the 2012 NHL All-Star Game is slated to be played Sunday at Scotiabank Place, the festivities get underway Thursday.

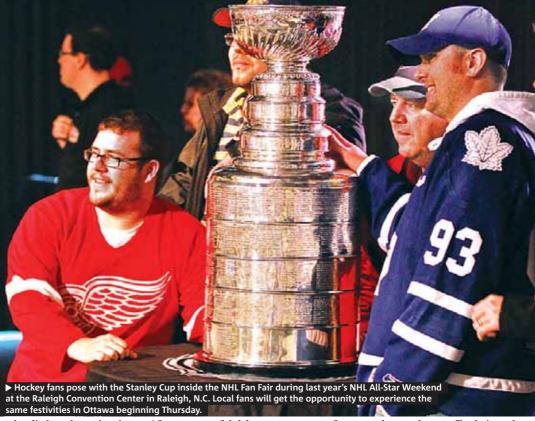
Ottawa Senators defenceman Erik Karlsson, who also took part in last year's all-star weekend in Raleigh, N.C., is eagerly anticipating the variety of events planned throughout the national capital region.

"I'm looking forward to whatever is to come," Karlsson told reporters after learning he received the most votes from fans to guarantee him a spot on the all-star roster for the second straight year. "I don't really know what to expect. It's going to be a lot of fun. I think you're going to have to wait a couple days after to really take it all in."

Ottawa's All-Star Celebration will kick off Thursday (2:30-3 p.m.) when all the NHL trophies will travel down the Rideau Canal Skateway to the Ottawa

Convention Centre from Waverly Street. Included in the procession will be the Stanley Cup, the Hart Memorial Trophy, the Conn Smythe Trophy and the Vezina Trophy.

When the trophies make it to the Ottawa Convention Centre at 3 p.m. it will mark the opening of the Scotiabank NHL Fan Fair. The fair will offer three days of family-friendly interactive games and attractions, special appearances, trophy and memorabilia displays, live TV



and radio broadcasts in addition to music, food and other activities.



After a successful debut in Raleigh, the NHL All-Star Fantasy Draft is back by popular demand. The draft will be held Thursday starting at 8 p.m. at the Théâtre du Casino du Lac-Leamy. Team captains Daniel Aldfredsson and Zdeno Chara will choose their own teams during the event, which will be televised nationally on TSN

The Rideau Canal Skateway will once again be the place to be Friday starting at 7 p.m. for the Energizer Night Skate. The five-kilometre skating event will benefit the Sens Foundations. Funds raised will go

to construct future outdoor ice rinks in eastern Ontario and western Quebec. For more information, visit energizernightskate.ca.

The Canadian Tire NHL Junior Skills Competition will then take place along the Rideau Canal Skateway Saturday from 9 a.m. to noon. This nationwide competition will culminate in Ottawa as finalists gather to showcase their skills in fastest skating, shooting accuracy, puck control and passing accuracy events. For more information, visit canadian tirehockeyschool.ca/nhljuniorskills.

After the youngsters

show off their talents, Karlsson and the rest of the all-stars will take to the ice at Scotiabank Place starting at 7 p.m. Saturday for the Molson Canadian NHL All-Star Skills Competition.

The busy weekend of activities will culminate Sunday at 4 p.m. with the Tim Hortons NHL All-Star Game at Scotiabank Place. The 59th annual event will pit Team Alfredsson against Team Chara with bragging rights on the line.

Live television coverage of the event will be provided by CBC and RDS in Canada and NBC Sports Network in the U.S.



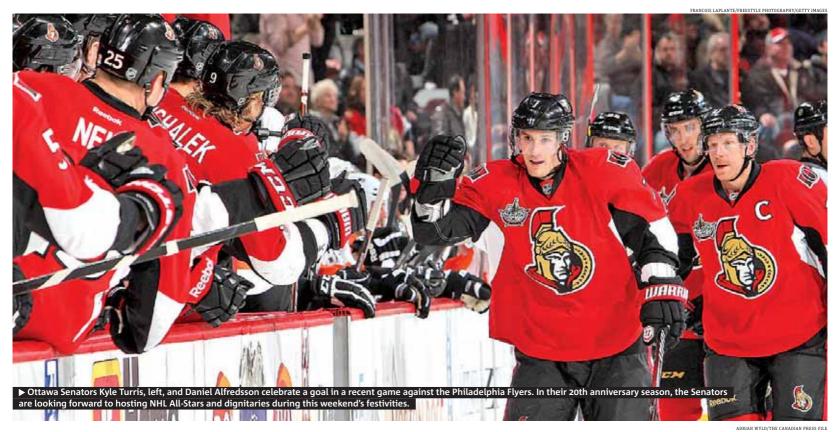
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Sensational Senators

City of Ottawa ready to revel with NHL All-Stars and dignitaries



In their 20th anniversary season, the Ottawa Senators want to make the 2012 NHL All-Star Celebration an event to remember.

The Senators teamed up with Ottawa Tourism to put a bid in to host the event and found out in September 2010 that they earned the right to host this year's NHL Tim Hortons All-Star Game and all the festivities leading up to it. The bid also received support from the City of Ottawa, the National Capital Commission and the new Ottawa Convention Centre.

"We believe Ottawa will

be a memorable venue to celebrate the NHL, Canada's favourite pastime and the Senators' 20th season," Senators president Cyril Leeder said at the time.

Fast-forward 16 months and the NHL's best players are preparing to descend on the nation's capital for a weekend full of activities.

"It's great for the fans and the people of the city," forward Jason Spezza told reporters after finding out he was one of four Senators voted to the starting lineup by fans. "They get to see kind of the lighter side of the players and the interactions between guys. The game isn't the most serious part. It's all the stuff that goes around it, getting

to see all the stars in one spot together."

At a rally in early January to encourage fans to vote Senators players onto the starting lineup, Ottawa Mayor Jim Watson was in a jovial mood.

"Finally, we get to elect Senators in this country—the Ottawa Senators," said Watson, who went on to point out the benefits of bringing the all-star weekend to Ottawa. "This game is an amazing event to host—\$30 million of economic activity, 7,000 hotel rooms, 400 accredited journalists that are going to be watching this game from our hometown in 150 countries around the world."

The rally paid dividends

as Spezza, Daniel Alfredsson, Milan Michalek and Erik Karlsson were all chosen by fans as starters.

In an interview on Sens TV, Alfredsson said he is going to thoroughly enjoy taking in the whole event.

"I'm going to try to savour it as much as I can," said Alfredsson, who was named as captain of one of the two teams for Sunday's game along with Boston Bruins defenceman Zdeno Chara.

"I know the days are going to fly by. I'm going to make sure I make my family a part of this as well and I have some friends coming from Sweden."

During an appearance on last Thursday's "NHL



NHL commissioner Gary Bettman and Ottawa Senators owner Eugene Melnyk pose in 2010 for a photograph after announcing Ottawa will host the 2012 NHL All-Star Game.

Hour With Commissioner Gary Bettman," on Sirius XM Radio, Senators general manager Bryan Murray talked about how the event will showcase Ottawa to fans around the world.

"The big focus in the All-Star Game, other than the game and the skill competition, is downtown, so people that come into the city are going to be, I think, very, very impressed with the downtown core," Murray said. "I have to say, for people who have never been to Ottawa, with Parliament Hill and all the good things around the (Rideau) Canal, it should be a lot of fun and should be something they'll remember for a long time."



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Fans taking a shine to NHL All-Stars



The streets of Ottawa are abuzz with excitement for the NHL All-Star Weekend.

Iordan Chevalier, an employee at Sports Experts in

the Rideau Centre, said their All-Star paraphernalia is selling like crazy, especially long-sleeved T-shirts and toques.

"There's an excited buzz," Chevalier said.

Ottawa resident Rob Archambeault has tickets to

the game, and will be rooting for the Ottawa Senators he helped to vote in.

He said he has been looking forward to the game since the summer.

"We don't have a big stadium so we don't usually get events like this," he said. "Seeing all the good players playing in the same game is awesome.'

Elise Milbradt, an OC Transpo commuter, said she has seen many bus ads for the game.

She will watch because her boyfriend is a big fan, she said. "I liked it better when it was West versus East.

"It was easier to pick a team to root for."

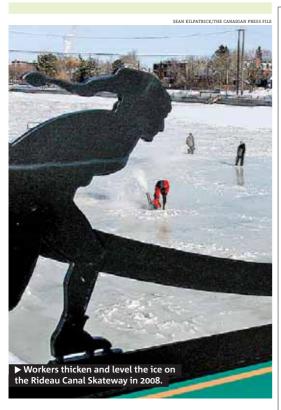
Her team, however, will likely be which ever Dion Phaneuf is on.

"I liked him pre-Leafs

when he was a Flame, but I still love him," she said.

Brad Reid, visiting from Cornwall, said he expects Ottawa will be hopping over the weekend.

"I think it'll be bigger than Christmas," he said. "It's a big deal."



Ice would be nice for Rink of Dreams

As the city prepares for the NHL All-Star Weekend, one major obstacle still stands in the way.

While the Rideau Canal opened for skating Jan. 15, the Rink of Dreams remains unfinished.

Built in front of city hall on Laurier Avenue, the rink is one of 20 the Sens Foundation plans to build across the region to mark its 20th anniversary, and is a partnership between the foundation and the city.

Sens Foundation president Danielle Robinson said she has faith construction will be done on time for the NHL All-Star Weekend.

No major events are scheduled on the rink, but it will host family skates and team mascot meetand-greets over the week-

Events Central Ottawa Delores manager MacAdam has been meeting with the NHL since October to co-ordinate the weekend.

"Hockey is the nation's sport, and we're in the nation's capital," MacAdam said. "You're going to see excitement all across the

Aldo Chiappa, Events Central's senior adviser, said the event will draw international attention.

"I picture people down in Texas or in France watching Ottawa, this winter wonderland with all these skaters on the canal and all these hockey stars," he said. "You can't buy that." © courtney symons



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Greening ready to showcase skills



Sens forward one of 12 rookies taking part in All-Star events



Rookie Ottawa Senators forward Colin Greening will get a chance to show off his talents during the 2012 Molson Canadian NHL All-Star Skills Competition Saturday.

Although Greening didn't earn an invite to play in Sunday's Tim Hortons NHL All-Star Game, he was one of 12 rookies selected to compete for teams captained by either Daniel Alfredsson or Zdeno Chara at the skills competition.

"It did take me by surprise," Greening told Sens TV in regards to getting chosen to participate in the event slated to take place at Scotiabank Place.

Greening will join fellow Ottawa teammates Jason Spezza, Milan

Michalek, Erik Karlsson and Alfredsson at the event, although he won't know whether he will compete for Team Alfredsson or Team Chara until Thursday night's NHL All-Star Fantasy Draft.

"It'll be a lot of fun to have some familiar faces there," Greening said. "Obviously, it's going to be nice to see all the other allstars, too, and meet all the other rookies. It's going to be a fun weekend."

Greening was even so bold as to predict that he is a favourite to win one of the events. "I'd say it's probably a good chance I'll be the fastest skater, so I'll be warming up pretty well for that one," said the 25-year-old forward, who has 11 goals and 15 assists through 49 games with the Sens this season.

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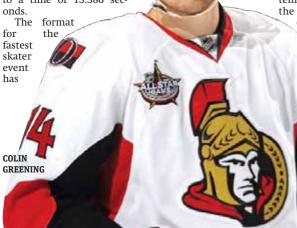




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If he does win, he will follow in the skate blades of Michael Grabner of the New York Islanders, who had the fastest lap of 14.238 seconds last year as a rookie.

Greening could face tough competition from New York Rangers forward Marian Gaborik, who won the event in 2003 with a time of 13.713 seconds. The all-time record was set in 1996, when Mike Gartner blazed to a time of 13.386 seconds.



changed this year as competitors will race head-tohead. Both skaters race toward the same end zone, turn outward, skate to the

opposite end

back

and

skate

past

centre

ice to

the fin-

ish

line.

zone, turn

Other events at the skills competition include the breakaway challenge, accuracy shooting, skills challenge relay, hardest shot and elimination shootout.

The breakaway challenge has an interactive element, as fans will get to vote via text messaging on who they believe made the most exciting and skillful breakaway move.

Daniel Sedin of the Vancouver Canucks will attempt to defend his title in the accuracy shooting competition. Other previous winners who will be taking part in this year's event are Evgeni Malkin of the Pittsburgh Pen-(2009)guins and Jarome Iginla of the Calgary Flames (2002) Chara has

owned the hardest-shot event, having won the past four competitions. The Bruins captain set a new record last year with a 105.9 mile per hour blast. Other contenders include Iginla, Shea Weber

► Tampa Bay Lightning forward Steven Stamkos during the fastest skater event at last year's NHL All-Star Game in Raleigh, N.C.

of the Nashville Predators, and Steven Stamkos of the Tampa Bay Lightning.

Corey Perry of the Anaheim Ducks will be back to defend his title in the elimination shootout, while 2008 winner, Toronto Maple Leafs defenceman Dion Phaneuf, will have a chance to win the event for the second time.



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Pond Hockey

Traditional pond hockey rules • 4 on 4 with two 15 minute periods No goalies or referees . Maximum of 6 players per team Guaranteed 3 games . Cost: \$300 per team

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Curling Schedule

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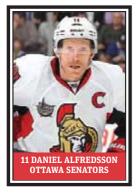




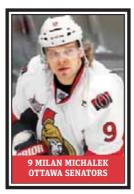
Registration and Information - 1000islandspondapalooza@gmail.com or visit

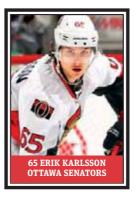
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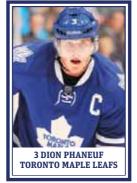
NHL All-Star Game Starters

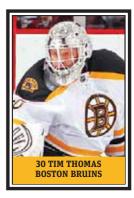














As captains for the 2012 Tim Hortons All-Star Game in Ottawa, Daniel Alfredsson and Zdeno Chara have some big decisions ahead of them.

Alfredsson and Chara will have the task of selecting their respective squads during the televised NHL All-Star Fantasy Draft Thursday night at the Théâtre du Casino du Lac-Leamy.

"I think it will be a lot of fun to go up against Chara," Alfredsson told Sens TV in regards to going head-to-head with his former Senators teammate. played with him for a long time and then played against him for a long time. He's one of the players I respect the most in the league. I look forward to beating him."

While Chara will get help picking his team from Joffrey of Lupul the Toronto Maple

DANIEL. ALFREDSSON

Let the games begin

• Captains Daniel Alfredsson, Zdeno Chara will have some tough decisions

squads last Saturday. Leafs, Alfredsson will rely on assistance from New "I'm going to need help," Alfredsson admitted. York Rangers goalie Henrik Lundqvist. Lupul 'I'm pretty novice in this and Lundqvist area. I have my wishes were named as that I would like to have assistant capon my team, obvioustains for their Along with Senarespectors teammates Jason Spezza, Milan Michalek and Erik Karlsson, Alfredsson was voted by fans to the starting lineup for the event along with Leafs defenceman Dion Phaneuf and Boston Bruins goalie Tim Thomas. "It's awesome," Alfredsson told reporters after the starters were announced. "Obviously, thanks to Reebo everybody who voted and made this possible. It'll be a treat for all of us.' Alfredsson Unless finds a way to draft all three of his Ottawa teammates, they may

end up playing against each other in the contest, just as twins Daniel and Henrik Sedin did at last year's event in Raleigh, N.C. Having played alongside each other with the Vancouver Canucks for their entire careers, the high-scoring twins were separated to play for opposing squads chosen by captains Eric Staal of the Carolina Hurricanes and Nicklas Lidstrom of the Detroit Red Wings.

Alfredsson has gone on record to say that if he gets the first pick, he will use it to take Karlsson. "My kids would be disap-

pointed if I didn't pick Erik and he's pretty good playsaid Alfredsson, while noting that

ZDENO

Chara would then likely take Thomas, his Bruins teammate. "I assume if I

pick Karlsson, he'll pick Thomas. If not, he might be my second pick." Unless

Chara cides to put his differences against the Vancouver Canucks aside, Alfredsson might be able to select both Sedin twins and defenceman Alexander Edler to play on his team.

"I thought about that when I found out that Chara was going to be the other captain," Alfredsson said. "I don't know if I should be smart and wait. I don't know if he's going to pick any Canuck players with their history from last year. We'll see what happens."

The other compelling storyline heading into Thursday's player draft is which player will be chosen last. Phil Kessel had to wait until the end of last year's draft before Lidstrom chose him as the final pick by default.

"Somebody's going to have to be last," Alfredsson said. "That's the way it is."

There is a silver lining to being chosen last After though. having to wait until the bitter end to hear name called, Kessel was awarded with a new hybrid Honda CR-Z and \$20,000 US, which he donated to a cancer

Complete roster for the Tim Hortons NHL All-Star Game

GOALIES: Tim Thomas (Boston), Brian Elliott (St. Louis), Henrik Lundavist (New York Rangers), Jimmy Howard (Detroit), Carey Price (Montreal), Jonathan Quick (Los Angeles).

DEFENCEMEN: Erik Karlsson (Ottawa), Dion Phaneuf (Toronto), Dustin Byfuglien (Winnipeg injured), Kimmo Timonen (Philadel-

phia), Brian Campbell (Florida), Dan Girardi (New York Rangers), Zdeno Chara (Boston). Alex Edler (Vancouver). Shea Weber (Nashville). Rvan Suter (Nashville), Dennis Wideman (Washington), Keith Yandle

FORWARDS: Daniel Alfredsson (Ottawa), Jason Spezza (Ottawa), Mi-

lan Michalek (Ottawa), Jonathan Toews (Chicago), Marian Hossa (Chicago), Patrick Kane (Chicago). Steve Stamkos (Tampa Bay), Joffrey Lupul (Toronto), Phil Kessel (Toronto), Jamie Benn (Dallas), Claude Giroux (Philadelphia), John Tavares (New York Islanders), Tyler Seguin (Boston), Marian Gaborik (New York Rangers), Daniel Sedin (Vancouver),

Henrik Sedin (Vancouver), Evgeni Malkin (Pittsburgh), Jarome Iginla (Calgary), Pavel Datsyuk (Detroit), Mikko Koivu (Minnesota – injured). Logan Couture (San Jose), Jason Pominville (Buffalo), Corey Perry (Anaheim). Alex Ovechkin (Washington - won't play due to suspension).

ROOKIES: Cody Hodgson (Vancou-

ver), Craiq Smith (Nashville), Colin Greening (Ottawa), Matt Read (Philadelphia). Sean Couturier (Philadelphia), Ryan Johansen (Columbus), Justin Faulk (Carolina), Luke Adam (Buffalo), Adam Henrique (New Jersey), Gabriel Landeskog (Colorado), Adam Larson (New Jersey), Ryan Nugent-Hopkins (Edmonton - injured).

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Your guide to All-Star Weekend



Here's how you can participate in the NHL All-Star Weekend from Thursday to Sunday.

THURSDAY

From 2:30 to 3 p.m., an NHL trophy procession will travel down the Rideau Canal to the Ottawa Convention Centre from Waverly Street. Line the Canal to watch the Stanley Cup, Hart Memorial Trophy, Conn Smythe Trophy and Vezina Trophy pass by.

Next, pop into the Scotiabank NHL FanFair at the Ottawa Convention Centre from 3 to 10 p.m. for family-friendly games, special appearances, trophy displays, music and food. Tickets are available at capitaltickets.ca.

From 8 to 9:30 p.m., watch the captains draft their own teams during

the NHL All-Star Fantasy Draft at Théâtre du Casino du Lac-Leamy, a tradition that began last year.

Tickets to the live show are sold out, but TSN will broadcast the event.

FRIDAY

The Scotiabank NHL Fan-Fair continues from 10 a.m. to 10 p.m.

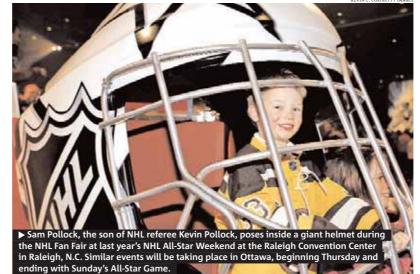
Head to the Rideau Canal at 7 p.m. for the Energizer Night Skate, a five-kilometre skating event benefiting the Sens Foundation, and the first of its kind in Ottawa.

Participants will be given headlights to light up the night.

To register, visit energizernightskate.ca.

SATURDAY

The Canadian Tire NHL Junior Skills Competition takes place on the Rideau Canal from 9 a.m. to noon. Finalists aged 7-12 from across Canada will display



their skills and compete alongside NHL alumni.

The Scotiabank FanFair continues for its final day from 10 a.m. to 6 p.m.

Scotiabank Place hosts the 2012 Molson Canadian NHL All-Star Skills Competition from 7 to 9 p.m. where the All-Stars will show off their skating, puck-handling and shooting skills. Don't have a ticket to the event? Tune in to CBC, RDS or NBC Sports Network.

SUNDAY

The All-Stars take to the ice at 4 p.m. at Scotiabank Place for the 59th annual NHL All-Star Game. For those without a ticket, turn on CBC, RDS or NBC Sports Network to watch.

Stars a boon to economy

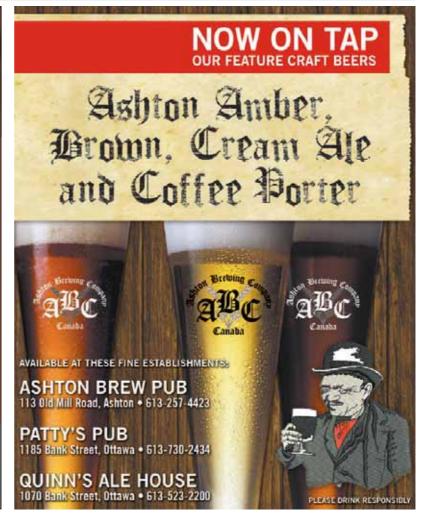
Hockey hysteria across the city is expected to bring in approximately \$30 million during the NHL's All-Star Weekend

All-Star festivities will be the perfect warmup to Winterlude, Ottawa Tourism director of communications Jantine Van Kregten said. "The timing couldn't be better," she said. "It's perfect."

Ottawa Walking
Tours are offering a 20
per cent discount to
anyone wearing a
hockey jersey during
its Saturday historical
tour.

The Southern Cross Grill on Queen Street will take 20 per cent off breakfast or appetizers when shown a ticket stub from Sunday's game.





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Four must try spa trends

• From sound therapy to family-friendly spas, there are plenty of fresh treatments to test out



Family Affair

More spas are accommodating adults and kids together. "The new thing is that it's the family. People want to go with their

Extra wow factor

Some spas are trying to

wow and woo with unusual, eye-popping decor that defies traditional minimalism. In Thailand, a luxuri-

rainforest

serves as a private spa suite

branches at the Coqoon Spa

'The

from

treehouse,

suspended

wicker

Nest,'

children to spas. Not all of them, of course. Some

want to go without," said Susie Ellis, president of the online spa portal SpaFinder. "We're seeing now the spas responding and very much making it more of a welcome place for kids."

Colour, Light, Music, Vibration

Incorporating them as ambient afterthoughts is nothing new for the spa industry. Now they're 'becoming the main event,' a report from SpaFinder

One innovation is software that creates real-time music, tones, beats and other sounds like wind rustling and rivers to beats generated by a therapist's movements in tandem with the client's bodily responses during massages,



SpaFinder said. The client leaves with a CD of the

'well-being music-art' they helped create.

Cold and ice

The industry is taking a cue from the Romans, who more than 2,000 years ago finished spa-like experiences with a trip to the 'frigidarium.' At ESPA locations around the world, clients can scoop ice crystals from fountains to rub down after saunas. At the Qua Baths & Spa in Caesars



Palace Las Vegas, there is an 'arctic ice room' to sit

amid falling snow.

life





The Beatles, Jimi Hendrix, The Grateful Dead, U2 and hundreds of other acts have played the legendary outdoor stage at Red Rocks Amphitheatre, nestled between two sandstone monoliths in the Rocky Mountains foothills outside Denver. On Jan. 27, Atmosphere and rapper Common, shown, are headlining the venue's first concert in the middle of THE ASSOCIATED PRESS





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Gliding through a winter wonderland

Yellowstone National Park isn't just a summer destination • See it from a pair of cross-country skis

National Park's wilderness is reclaimed when the throngs of summer tourists leave and the temperature drops below zero. Most of the park's roads and services shut down, and the landscape is transformed into an otherworldly land of ice and snow.

Relatively few people venture into the park at this time, just 17,262 overnight visitors last winter compared to the million nearly 1.2 overnight stays between June and September 2010.

The wildlife re-emerges with the people gone, and wolves, foxes, swans, geese, eagles, bison and elk are more frequently seen at this time of year.

It's also a prime time for cross-country skiing. Yellowstone in winter has plenty of trails for novices and experts alike. No matter the skill level, a ski trip in Yellowstone leaves you with a sense of the park's beauty that is completely different from the busy summer months.

For \$40, you can get a two-hour lesson and get outfitted with skis, boots and poles for 24 hours.

At the Old Faithful Snow Lodge and the Mammoth Hot Springs Hotel near the northern entrance, plot out your ski route.

These are the only accommodations inside the park during the winter season from mid-Decem-

+ taxes & fees \$300

ber until the first weekend of March.

There's usually plenty of space throughout the season, with Old Faithful normally running at about 70 per cent of ca-pacity and Mammoth about 60 per cent full. The exception is Christmas, when the lodges are usual-

Once you get to Old Faithful in winter, you're pretty much stuck there unless you pony up another \$62 to take the threehour snowcoach back to West Yellowstone. The rooms at Old Faithful are \$206 a night, there's no television and reservations are a must at the one restaurant.

But the adventure be-



gins just outside the door with the iconic geyser as the main attraction. Most wintertime visitors choose to tour the park by snowcoach or snowmobile. But there's really no better way to become immersed in the park than with a pair of skis. There are the easy outings, such as the trails around the Upper Geyser Basin just

outside of the lodge.

Then there are the tougher ones, including arduous trails to the Continental Divide.

For those who don't want to waste any more time than necessary, and have an extra \$16.50, a shuttle is available to take skiers to more distant trailheads.

THE ASSOCIATED PRESS

If you go...

Yellowstone National Park's winter season begins in mid-December and lasts until the beginning of March; nps.gov/yell . Winter package deals from concessionaire Xanterra: yellowstonenationalparklodges.com.

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Jamaica	\$ 59 *
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Travel Feb 9 - Feb 16/ts	+ taxes & fees \$398
Cancun	\$ 198 *
Travel Mar 29 - Apr 6/ts	+ taxes & fees \$356
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Orlando Travel Feb 9 - Feb 16/ts	\$67* + taxes & fees \$485
Orlando Travel Feb 9 - Feb 16/ts Paris Travel Mar 19 - Mar 26/ts	\$67* + taxes & fees \$485 one-way \$179
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Vacations

Orlando

Family Special, Air + 7 Nights **\$00**

Chambions World Resort INCLUDES airfare from Montreal and central accom near theme parks. Price per person based on family of 4. Departs Feb 6/ggv/ts. **UPGRADE** to 4-star Wyndham Orlando Resort for \$8 per night. ADD 5-day Walt Disney World Resort Magic Your Way Base Ticket for \$287/adult, \$265/child (ages 3-9).

St Petersburg Family Special

Air + 7 Nights + Car
Sirata Beach Resort + taxes & fees:
INCLUDES accom at a beachfront resort located on St Pete Beach and full-size car with unlimited mileage. Price per person based on family of 4. Departs Feb 2/vat/ts.

Las Vegas Air + 4 Nights INCLUDES airfare from Montreal, roundtrip airport transfers and accom on the Strip. Departs Feb 7/ wsv/ws. UPGRADE to 4.5-star Monte Carlo for \$33

per night. ADD Champagne Rock Star Tour for \$49. Thailand Air + 8 Nights 4-Star + taxes & fees \$796 INCLUDES Bangkok accom near shopping, business and entertainment districts. Departs Feb 14/ggv/jl.

Canada & USA

Orlando March Break

Family Special, Air + 7 Nights \$299 **Champions World Resort **INCLUDES** airfare from Montreal and accom near theme parks over Spring Break. Price per person based on family of 4. Departs Mar 12/ggv/ts. ADD 5-day Walt Disney World Resort Magic Your Way Base Ticket for \$282/adult, \$261/child (ages 3-9).

Mont Tremblant March Break

4 Nights 4-Star + Lift Pass

La Tour des Voyageurs

taxes & fees incluc

INCLUDES ski-in/ski-out slopeside accom and

3-day lift pass to ski Tremblant. Travel Mar 12/ggv. taxes & fees included UPGRADE to 5-star Westin Resort and Spa for \$72 per night.

Cruise & Stay

Orlando Valentine's Day

Air + 3 Nights + 4-Night Cruise
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Punta Cana 7 Nights 4-Star 5625 + taxes & fees \$391 Departs Feb 3/sgn/wg.

Los Cabos 7 Nights 4.5-Star \$685 Holiday Inn Resort Los Cabos
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Trek the Rio rainforest





TREK

The tour guide Raf Kiss specialises in motorcycle tours (for the truly adventurous) but for those who want to take in the sights at a slower pace, he is also an enthusiastic leader of treks through all the great parks of Rio.

mirantes-mototravel.com

STAY

 Several hostels are particularly geared to trekking enthusiasts. Try Ipanema's Mango Tree Hostel (www.mangotreehostel. com) or Santa Teresa's Rio Hostel, since both offer trustworthy guides. riohostel.com

TRY

Capoeira, the ancient combat dance art form. Instructor Wagner Rocha Gonçalves teaches either on the beach or in his centre in Rocinha. He can most easily be contacted through the Mango Tree Hostel.

mangotreehostel.com



Somewhere down the hill we can hear a scrabbling in the undergrowth.

A troop of raccoon-like coatis are hunting nearby but the jungle is too thick to reveal anything but shadows.

A hummingbird — 'flower-kissers' they call it here — flits ahead as we move along a trail that is barely larger than the animal tracks that zizag through the bush.

During the last three hours we have seen few signs of human habitation. It is hard to believe that the bustle of Rio de Janeiro city centre lies just a short distance to our east.

Jungle guide Raf Kiss checks the reading on his GPS: "We're steadily gaining altitude," he says.

The burning tension in my thighs confirms his statement but in less than an hour we are victoriously clambering up a bamboo pole onto the giant boulder that marks the summit of Pedra Branca (White Stone Mountain).

Looking across the forested slopes I realize that most of the land between here and the city remains a pristine wilderness.

Rio de Janeiro is one of the world's great unsung trekking destinations. Both of the world's two biggest urban forests can be found here: the immense Pedra Branca Massif and Tijuca National Park.

Only here can you find 120 square kilometres of rainforest just 15 minutes from some of the world's most famous beaches.

Tijuca boasts more than 30 kilometres of near-deserted trails but there are also several much easier treks rising almost directly out of Rio's gleaming sand, such as Dois Irmãos and Morro da Urca, home to large families of monkeys.

The view from either of these peaks takes in two of the wonders of the world: the natural beauty of Guanabara Bay and Christ the Redeemer on his Corcovado perch high over the city.

If you are after a more challenging expedition, however, Pedra Branca is capable of surpassing all your expectations. When Raf's trusty GPS finally let us down, and we trekked right across Pedra Branca from end to end, and I gained a heightened respect for the world's largest urban forest.

























Sandwich that chicken breast

◆ This lunch boasts the picante flavour of curry, which works well with chicken ◆ Adding a dash of orange juice helps to fight colds

Looking for a new idea for your lunch that will help to keep that winter cold away?

This tasty chicken sandwich sings of orange flavour with a hint of curry, which makes for a perfect twist to a sandwich classic, with added health benefits.

Preparation:

In skillet heat oil over medium-high heat and cook onion and garlic for 3 minutes or until starting to soften. Add chicken, curry powder, coriander and turmeric; cook, stirring for 2 minutes. Whisk cornstarch into orange juice and add to skillet; bring to

boil. Reduce heat and simmer for about 5 minutes or until chicken is no longer pink inside.

- 2 Remove from heat and stir in yogurt, coriander, chutney, salt and pepper.
- Spread mixture over 1 naan bread and top with spinach. Top with other naan and cut in quarters to serve.

 NEWS CANADA/
 ADAPTED BY EMILY
 RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARD.



Ingredients:

- 1 tbsp (15 mL) canola oil
- 1/2 cup (125 mL) diced red onion
- 2 cloves garlic, minced
- 12 oz (375 g) boneless skinless chicken breasts, diced (about 2 breasts)
- 2 tsp (10 mL) curry powder
- 1/2 tsp (2 mL) each ground coriander/turmeric
- 1 tbsp (15 mL) cornstarch
- 3/4 cup (175 mL) Florida orange juice
- 1/4 cup (50 mL) 0 % plain Greek yogurt
- 3 tbsp (45 mL) chopped fresh coriander
- 2 tbsp (30 mL) mango chutney
- Pinch each salt and pepper
- 2 large naan breads
- 1 cup (250 mL) baby spinach

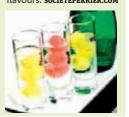
Drink of the week

Triple Shots of Flavour

Looking for a way to serve up a fun non-alcoholic drink? Try these shooters.

- Fresh cucumber
- Watermelon
- Ginger
- Sparkling water

On tray, place 3 shot glasses (2 oz each). Using small melon baller make 3 balls of cucumber, 3 balls of watermelon, 3 balls of ginger. Place fruit balls in glasses, then pour cold sparkling water over fruit. Allow to infuse 1 min. Bubbles will extract the fresh fruit flavours. SOCIETEPERRIER.COM





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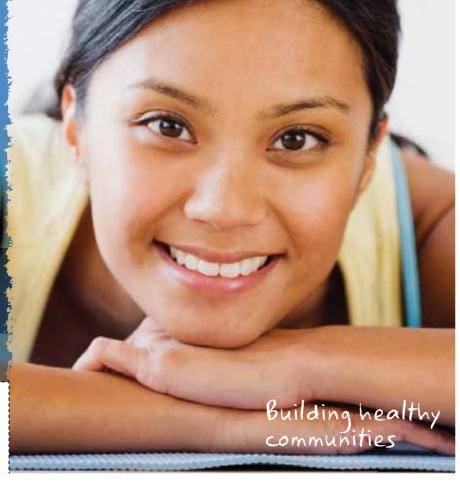
*Offer expires Jan. 31/12

www.ymcaywca.ca



Bring this coupon to any YMCA-YWCA of the National Capital Region and enjoy a free family day pass for up to 2 adults and 4 children (includes swimming pool and Kid Zone access at applicable facilities).*

*Expires Feb. 29/12. Photo ID required. Some conditions may apply. Up to \$52 value.



Why I chose to attend Hard Work U

Prioritizing pages over partying ain't easy Dut skipping the occasional shindig feels worth it to this student

STUDENT VOICE

CEILIDH MILLAR

TALENTEGG CA

As a first-year media communications student, here's the scoop.

The holidays are over and I'm back at school. During the break, I had a chance to catch up with friends who were home from university. By all accounts, they're having the time of their lives. They regaled me with stories about cool parties, wild weekend trips and antics of living in residence.

OK, am I missing something here? My post-secondary experience has been the exact opposite. Long days of classes, evenings and weekends filled with assignments and studying... pure slog!

Forget about those wild dorm parties. In my dorm there's complete silence by 9 p.m. — everyone is in their room studying or passed out from exhausfion!

I found my first end-of-



semester experience overwhelming! Eight finals in four days...brutal! I spent my evenings at the campus broadcast centre cramming exams and editing film until three in the Ah, beautiful morning.

Was I at No Fun Tech? Had I chosen the wrong school?

sleep... is now my idea of

Over the break, I had time to reflect on why I selected this college in the first place. I chose BCIT because it has a great media communications program.

I wanted a program that focused on practical training in addition to the aca-The demics. program covers both aspects and students can be secure in the knowledge they'll be well

prepared to enter the job force. BCIT has one of the best track records of producing top graduates who are sought after by employ-

Although it may be entertaining to be at Fun Time U, I know the true purpose of college. I believe in postsecondary education that gets you results — a job!

BCIT has accelerated programs. Students are basically doing four years in two. My university friends take only four courses a semester, I'm taking eight, resulting in 16 courses a term plus a practicum. Yeah, no wonder I'm tired!

I reminded myself, I'll have two years experience working in the industry by the time my university friends even graduate.

Yes, I definitely made the right decision.

Nobody said it was going

to be easy. You know the saying, "What doesn't kill you, makes you stronger." Well, by the time I graduate, I should be Hercules!

Watch out world!

TALENTEGG.CA. CANADA'S ONLINE CA-REER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE, SHARE IT AT TALEN-TEGG.CA.

Lessons learned

Key take-aways from Ceilidh's experience:

- Choose programs and courses that offer handson experience to get ahead of your peers
- Pursue volunteer opportunities in your field to network and gain valuable

Where Ceilidh is now

I'm a first-year Media Communications student in the Broadcast & Online Journalism program at BC-IT. An avid volunteer, I am an ambassador for Free The Children. I was appointed their youth reporter at the 2011 Vancouver We Day and co-hosted City TV's coverage of the day-long event.

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This *Employment Ontario* program is funded in part by the Government of Canada.

Ce programme *Emploi Ontario* est financé en partie par le gouvernement du Canada.

metr werk/education metronews.ca wednesday, January 25, 2012

Getting the kids to care

Dr. Oz finds way of talking well-being without putting kids to sleep



When he's not operating on patients, hosting a talk show or authoring books, Dr. Mehmet Oz devotes his time to his charity, HealthCorps, a Peace Corps-like program that sends college grads into high schools to mentor students on health and well-being.

Why is peer-to-peer mentoring the right approach to take to teach kids about their health?

Well, part of it is because I have kids. I was asked by their school to give a talk to them once about 10 years ago, and they seemed sort of bored but I gave the talk anyway. The



next day, as I got to the hospital, I had probably a dozen phone calls from corporate executives, lawyers [and] other doctors saying their kids had come home that night and had told them things like "If you have a piece of bread,

it's like having a candy bar." And it began a process in my mind: If we can get these kids to talk with each other in a way that makes it cool to push back against your parents, they'll do it.

I'm not the one to deliv-

er that message, but I can get college kids to do it.

What are your goals for the program, and what are you doing to reach them?

I want to have HealthCorps schools in every major city in America, and I want to have them in every state. We may not be in every school, and I think one of the things we're learning is that we can develop [the] best practices from the many schools we're in that other schools can adopt and begin to use in their own programs.

We're gonna call it HealthCorps University. So either you'll have one of my volunteers in your school who will teach your kids about health, and [for] anybody else, health teachers can take the syllabus and use it on their own.



The Ottawa Safety Council (OSC) is currently looking for energetic and experienced professionals to assume positions on its Board of Directors.

The OSC is a charitable not-for-profit organization established in 1957 to assist the citizens of the City of Ottawa to protect themselves and others from accidental death, injury and destruction of property resulting from accidents. The Board's role is to ensure that the Ottawa Safety Council establishes and maintains the trust of the community by being clear in its mission, prudent and ethical in its activities, and accountable for its actions. Our meetings focus on planning, policy-making, and assessing our progress.

The OSC Nominating Committee is currently looking for candidates with strength in marketing. Candidates with other experience or strengths are encouraged to apply; specific secondary areas of interest for the OSC are:

- Governance and Regulations
- Human Resources
- Finances
- Project Management

Time commitment is from anywhere between 5 and 20 hours per month, depending on current levels of activity. The Board meets every month on a weekday from 6:30 to 8:30pm. All available positions are elected for a minimum term of one year and may be re-elected.

The deadline for applications for candidacy is March 16, 2012, as all new positions are expected to be ratified at the April 23, 2012 AGM.

Interested candidates are invited to submit their resume to info⊚ottawasafetycouncil.ca

CONTACT: Frank Kevins, Chairperson Email: info@ottawasafetycouncil.ca Web: http://www.ottawasafetycouncil.ca/





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"My heart is not there. I got suspended so why do I have to go there?"

WASHINGTON CAPITALS
FORWARD ALEX OVECHKIN,
WHO HAS DECIDED HE WON'T
PARTICIPATE IN THIS
WEEKEND'S ALL-STAR GAME
BECAUSE OF A THREE-GAME
SUSPENSION HANDED TO HIM
BY THE NHL EARLIER THIS
WEEK.



Federer, Nadal will meet in semifinal

A dominating win by Roger Federer in his 1,000th career match and a more difficult workout for Rafael Nadal set up a rare Grand Slam marquee semifinal between the former top-ranked players. Federer and Nadal have been on opposite halves of the draw since the 2005 French Open.

Fat paycheque for Prince

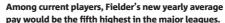
Fielder and Tigers agree to nine-year contract worth \$214 million US, source says

Free agent first baseman Prince Fielder and the Detroit Tigers agreed Tuesday on a nine-year, \$214 million US contract that fills the AL Central champions' need for a power hitter, a person familiar with the deal said.

CBS first reported the agreement.

The person told The Associated Press that the deal was subject to a physical. The person spoke on condition of anonymity because the contract was not yet complete.

Detroit boldly stepped up in the Fielder sweep**Paid in full**





Alex Rodriguez, Yankees \$27.5 million.

stakes after the recent knee

injury to star Victor Mar-

tinez. A week ago, the

Tigers announced that the

productive designated hit-



uez, Ryan Howard, Phillies n, \$25 million



Cliff Lee, Phillies \$24 million

ter could miss the entire

season after tearing his left

ACL during off-season con-

The Tigers won their di-



Albert Pujols, Angels \$24 million



Prince Fielder, Tigers \$23.78 million

vision by 15 games before losing in the AL champi-

Adding the 27-year-old Fielder gives the Tigers two

onship series to Texas.

of the game's premier sluggers, pairing him with Miguel Cabrera.

With Cabrera and Fielder, Detroit will begin this season with two players under age 30 with at least 200 career homers. According to STATS LLC, that's happened only once before. At the start of the 1961 season, the Milwaukee Braves featured 29-year-old Eddie Matthews (338 homers) and 27-year-old Hank Aaron (219).

Fielder has averaged 40 homers and 113 RBIs over the past five years.

THE ASSOCIATED PRESS





NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE														
	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strl		
d-NY Rangers	47	31	12	1	3	132	96	66	15-5-0-2	16-7-1-1	7-3-0-0	W2		
d-Boston	46	31	13	1	1	168	96	64	16-7-1-1	15-6-0-0	6-3-1-0	W1		
d-Florida	47	22	15	5	5	120	133	54	11-5-1-5	11-10-4-0	3-3-3-1	W1		
Philadelphia	47	28	14	2	3	159	140	61	11-7-1-2	17-7-1-1	6-3-0-1	L1		
Ottawa	51	27	18	4	2	155	157	60	14-9-0-1	13-9-4-1	6-3-1-0	L2		
Pittsburgh	48	27	17	2	2	149	125	58	14-8-2-0	13-9-0-2	6-4-0-0	We		
New Jersey	47	26	19	1	1	128	134	54	12-9-0-1	14-10-1-0	5-4-1-0	L2		
Washington	47	25	19	1	2	131	134	53	17-6-0-1	8-13-1-1	5-4-1-0	L2		
Toronto	48	24	19	3	2	147	144	53	14-8-2-2	10-11-1-0	6-4-0-0	W1		
Winnipeg	50	22	22	3	3	124	143	50	15-8-0-2	7-14-3-1	3-6-0-1	L3		
Montreal	48	18	21	2	7	123	132	45	8-10-2-4	10-12-0-2	5-3-0-2	W1		
Carolina	51	18	24	5	4	130	159	45	13-11-0-3	5-13-5-1	5-3-1-1	W1		
Tampa Bay	47	20	23	1	3	132	163	44	12-7-0-1	8-16-1-2	4-5-0-1	W3		
NY Islanders	47	19	22	4	2	112	139	44	11-11-3-0	8-11-1-2	5-5-0-0	L1		
Buffalo	48	19	24	3	2	117	148	43	11-9-3-2	8-15-0-0	2-7-1-0	L5		
WESTERN CON	IFER	REN	CE											

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Detroit	49	33	15	1	0	158	110	67	20-2-1-0	13-13-0-0	9-1-0-0	W7
d-Vancouver	48	29	15	0	4	155	120	62	13-6-0-3	16-9-0-1	5-3-0-2	W1
d-San Jose	46	26	14	3	3	130	110	58	15-8-2-0	11-6-1-3	4-3-1-2	L3
St. Louis	48	29	13	1	5	122	99	64	21-3-1-2	8-10-0-3	8-1-1-0	L1
Chicago	49	29	14	3	3	161	141	64	19-5-1-3	10-9-2-0	5-3-2-0	L1
Nashville	49	29	16	3	1	137	126	62	16-7-2-1	13-9-1-0	8-2-0-0	W3
Los Angeles	50	24	16	4	6	111	111	58	14-11-0-4	10-5-4-2	5-2-1-2	W1
Colorado	50	26	22	2	0	129	141	54	14-11-0-0	12-11-2-0	5-4-1-0	L1
Minnesota	48	23	18	2	5	112	124	53	13-6-1-2	10-12-1-3	3-6-0-1	W1
Calgary	49	23	20	3	3	120	136	52	13-6-1-1	10-14-2-2	5-3-1-1	W2
Dallas	47	24	21	0	2	125	136	50	13-9-0-2	11-12-0-0	3-6-0-1	L5
Phoenix	49	21	20	3	5	127	132	50	9-9-2-2	12-11-1-3	2-5-1-2	L3
Anaheim	47	18	22	3	4	124	143	43	13-12-1-0	5-10-2-4	8-1-1-0	W5
Edmonton	48	18	26	1	3	120	139	40	12-8-1-2	6-18-0-1	2-7-1-0	W1
Columbus	48	13	29	1	5	113	159	32	8-13-1-2	5-16-0-3	3-6-0-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Rangers 3 Winnipeg 0
Buffalo at New Jersey
Toronto at N.Y. Islanders
Boston at Washington
Columbus at Tampa Bay
Philadelphia at Florida
Pittsburgh at St. Louis
Nashville at Chicago
Anaheim at Dallas
Minnesota at Colorado
San Jose at Calgary
Ottawa at Phoenix

Edmonton at Vancouve Monday's results Edmonton 2 San Jose 1 (SO) Toronto 3 N.Y. Islanders 0 Carolina 2 Winniner 1 Detroit 3 St. Louis 1 Nashville 4 Columbus 1 Ottawa at Los Angeles Tonight's game All Times Eastern Detroit at Montreal, 7:30 p.m. NHL ALL-STAR BREAK

Jan. 26-30 at Ottawa

LATE MONDAY

OILERS 2, SHARKS 1 (SO)

First Period No Scoring. Penalties - None Second Period

1. Edmonton, Eberle 18 (Petry, Gagner) 6:50 Penalty — White SJ (holding) 2:18. Third Period

2. San Jose, Couture 21 (Boyle, Thornton) 6:23 (pp) Penalties — Hemsky Edm (kneeing major, game misconduct) 5:37.

Overtime 0 No Scoring Penalties — None.

Shootout

San Jose (1) - Handzus, miss; Boyle, miss; Pavelski, goal; Couture, miss; Edmonton (2) Eberle, miss; Gagner, goal; Lander, miss; Hall, goal,

San Jose 13 13 17 2-45 5 7 4 2-18 Goal — San Jose: Greiss (SOL,6-4-1); Edmonton: Dubnyk (W,7-11-0). Power plays (goalschances) — San Jose: 1-2; Edmonton: 0-1. Referees — Paul Devorski, Stephane Auger Linesmen — Steve Barton, Mike Cvik.

Attendance — 16,839 (16,839) at Edmonton.

KINGS 4, SENATORS 1

First Period

1. Los Angeles, Mitchell 3 (Clifford, Fraser) 15:39 Penalties — Konopka Ott, Clifford LA (fighting) 2:51, Richardson LA (interference) 5:00, Borowiecki Ott (cross-checking) 8:12, Foligno Ott (hooking) 12:05. Second Period

2. Los Angeles, Clifford 3 (Fraser, Doughty) 11:08 3. Los Angeles, Johnson 8 (Doughty, Williams)

4. Los Angeles, Lewis 2, 19:27 Penalties — Foliano Ott (slashing) 4:59. Stoll

LA (goaltender interference) 12:08, Butler Ott (hooking) 16:16, Smith Ott (tripping) 17:03.

Third Period

5. Ottawa, Alfredsson 16 (Karlsson, Gonchar) 8·37 (nn)

- Richards LA (hooking) 1:14, Clifford LA (high-sticking) 7:24, Doughty LA (interference) 10:34.

8 12 8 6 20 8 Goal (shots-saves) — Ottawa: Anderson (L.25-

15-4)(26-22), Auld (20:00 third)(8-8); Los Angeles: Quick (W,21-12-9). **Power plays (goals**chances) - Ottawa: 1-5; Los Angeles: 1-5. Referees — Dan O'Rourke, Tim Peel. Linesmer

— Thor Nelson, Vaughan Rody.

Attendance — 18,118 (18,11	8) at Lo	s Ang	eles.
SCORING LEADERS			
	G	Α	PT
Malkin, Pgh	26	32	58
Giroux, Pha	18	37	55
Datsyuk, Det	14	39	53
Stamkos, TB	32	20	52
Ma.Hossa, Chi	20	32	52
Lupul, Tor	20	32	52
H.Sedin, Vcr	11	41	52
Kessel, Tor	26	25	51
Toews, Chi	27	23	50
D.Sedin, Vcr	20	30	50
Spezza, Ott	20	30	50
Tavares, NYI	19	29	48
Pominville, Buf	17	30	47
Karlsson, Ott	7	40	47
Neal, Pgh	26	20	46
Eberle, Edm	18	27	45
Elias, NJ	17	28	45
Selanne, Ana	15	30	45
Hartnell, Pha	25	19	44
Kopitar, LA	15	29	44
Moulson, NYI	22	21	43
Eriksson, Dal	17	26	43
Versteeg, Fla	19	23	42
Seguin, Bos	18	24	42
Backstrom, Wash	13	29	42
Benn, Dal	13	29	42
Parenteau, NYI	9	33	42
Franzen, Det	19	22	41
Vanek, Buf	19	22	41
P.Bergeron, Bos	15	26	41
Ra.Whitney, Phx	15	26	41
P.Kane, Chi	11	30	41
St. Louis, TB	11	30	41
Sharp, Chi	20	20	40
Kovalchuk, NJ	19	21	40
Gaborik, NYR	25	14	39
	22	17	39
Perry, Ana Ovechkin, Wash	20	19	39
	18	21	39
Iginla, Cal	15	24	39
Filppula, Det	15	24	39
Parise, NJ			
Vrbata, Phx	22	16	38 38
Lecavalier, TB	18	20	
O.Jokinen, Cal	12	26	38
Krejci, Bos	11	27	38
Thornton, SJ	8	30	38
Lucic, Bos	17	20	37
Alfredsson, Ott	16	21	37
Backes, StL	16	21	37
Cole, Mtl	18	18	36

Marleau, SJ O'Reilly, Col

E.Staal, Car

Couture, SJ

Erat, Nash

Zetterberg, Det

Nugent-Hopkins, Edm Weiss, Fla

Not including last night's g

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia MEN

Rafael Nadal (2), Spain, def. Tomas Berdych (7), Czech Republic, 6-7 (5), 7-6 (6), 6-4, 6-3. Roger Federer (3), Switzerland, def. Juan Martin del Potro (11), Argentina, 6-4, 6-3, 6-2 Doubles

Bob and Mike Bryan (1), U.S., def. Mariusz Fyrstenberg and Marcin Matkowski (6),

Poland, 6-4, 6-7 (4), 6-4. Robert Lindstedt, Sweden, and Horia Tecau (7), Romania, def. Scott Lipsky and Rajeev Ram (13), U.S., 6-4, 6-4.

WOMEN

Singles Quarter-finals

Kim Clijsters (11), Belgium, def. Caroline Wozniacki (1), Denmark, 6-3, 7-6 (4). Victoria Azarenka (3), Belarus, def. Agniesz ka Radwanska (8), Poland, 6-7 (0), 6-0, 6-2.

Doubles

Quarter-finals Sania Mirza, India, and Elena Vesnina (6), Russia, def. Liezel Huber and Lisa Raymond

(2), U.S., 6-3, 5-7, 7-6 (6). Andrea Hlavackova and Lucie Hradecka (7), Czech Republic, def. Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, 7-5, 6-2. Sara Errani and Roberta Vinci (11), Italy, def. Alla Kudrvavtseva and Ekaterina Makarova,

Russia, 6-3, 6-1.
Svetlana Kuznetsova and Vera Zvonareva,
Russia, def. Irina-Camelia Begu and Monica Niculescu, Romania, 7-5, 6-3.

MIXED DOUBLES

Second Round

Bethanie Mattek-Sands, U.S., and Horia Tecau (8), Romania, def. Yaroslava Shvedova, Kazakhstan, and Andy Ram, Israel, 6-4, 7-6 (2). Roberta Vinci and Daniele Bracciali, Italy, def. Kimiko Date-Krumm and Kei Nishikori, Japan, 6-3, 7-6 (6).

JUNIORS ROYS

Singles Second Round

Filip Peliwo, Vancouver, def. Jack Schipanski, Australia, 6-2, 6-4. **Doubles**

Second Round

Pedja Krstin, Serbia, and Filip Peliwo (7), Vancouver, def. Borna Coric, Croatia, and Pietro Licciardi, Italy, 2-6, 6-2, 10-6 (tiebreak).

GIRLS

Singles Second Round

Eugenie Bouchard (2), Westmount, Que., def. Iva Mekovec, Croatia, 6-3, 3-6, 6-3.

Doubles Second Round

Eugenie Bouchard, Westmount, Oue., and Carol Zhao, Richmond Hill, Ont. (8), def. Miyu Kato and Risa Ozaki, Japan, 6-2, 6-4.

EARLY TODAY

MEN

14 11 21 22 25 14 36 36 35

12 11

Doubles

Max Mirnyi, Belarus, and Daniel Nestor (2), **Toronto**, def. Santiago Gonzalez, Mexico, and Christopher Kas, Germany, 6-1, 6-7 (4-7), 6-2.

NBA

EASTERN CONFERENCE

	**		rcc	UD
d-Chicago	16	3	.842	_
d-Atlanta	13	5	.722	21/2
d-Philadelphia	12	5	.706	3
Orlando	12	5	.706	3
Miami	11	5	.688	31/2
Indiana	11	5	.688	31/2
Boston	7	9	.438	71/2
New York	7	10	.412	8
Cleveland	6	9	.400	8
Milwaukee	6	10	.375	81/2
New Jersey	5	13	.278	101/2
Toronto	4	13	.235	11
Detroit	4	14	.222	111/2
Charlotte	3	15	.167	121/2
Washington	2	15	.118	13
d-division leaders ran	ked ir	top f	our po	sitions.

Last night's results

New York 111 Charlotte 78 Orlando 102 Indiana 83 Cleveland at Miami Toronto at Phoenix

Memphis at Portland

Memphis at Portland
Monday's results
Philadelphia 103 Washington 83
Boston 87 Orlando 56
Chicago 110 New Jersey 95
Oklahoma City 99 Detroit 79
San Antonio 104 New Orleans 102
Houston 107 Minnesota 92
Abasto 37 Wikimsukon 02 Atlanta 97 Milwaukee 92 Dallas 93 Phoenix 87 Portland 101 Sacramento 89 Memphis 91 Golden State 90

BASKETBALL

AP MEN'S TOP 25

All Times Eastern
Last night's results
No. 1 Kentucky at Georgia
No. 6 Baylor at Oklahoma
No. 13 San Diego State at Wyoming
No. 17 Marquette vs. South Florida
No. 20 Michigan at Purdue
Monday's results
No. 3 Syracuse 60 Cincinnati 53
No. 5 Kansas 64 Teasa A&M 54
Tonight's games

Tonight's games No. 2 Missouri at Oklahoma State, 7:30 p.m.

Ionight's games
No. 2 Missouri at Oklahoma State, 7:30 p.m.
No. 4 Ohio State vs. Penn State, 6:30 p.m.
No. 8 Duke at Maryland, 9 p.m.
No. 10 Michigan State vs. Minnesota, 8:30 p.m.
No. 10 Michigan State vs. Minnesota, 8:30 p.m.
No. 12 Nevada-Las Vegas at Boigs State, 10 p.m.
No. 12 Kinsola Las Vegas at Boigs State, 10 p.m.
No. 12 Kinsola State at Texas Tech, 9 p.m.
No. 23 Florida State at Wake Forest, 7 p.m.
Tomorrow's games
No. 7 North Carollina vs. NC State, 7 p.m.
No. 14 Florida at Mississippi, 7 p.m.
No. 16 Indiana at No. 25 Wisconsin, 9 p.m.
No. 19 Virginia vs. Boston College, 9 p.m.
No. 12 Saint Mary's (Cal) at Loyola Marymount, 10 p.m.
Saturday's games
Saturday's games
No. 1 Kentucky at Louisiana State, 4 p.m.

Saturday's games

No. 1 Kentucky at Louisiana State, 4 p.m.
No. 2 Missouri vs. Texas Tech, 1:30 p.m.
No. 3 Syracuse vs. West Virginia, 1 p.m.
No. 5 Kansas at Iowa State, 2 p.m.
No. 6 Baylor vs. Texas, 1 p.m.
No. 6 Baylor vs. Texas, 1 p.m.
No. 10 Muray State vs. Easten Illinois, 8 p.m.
No. 11 Murary State vs. Easten Illinois, 8 p.m.
No. 12 Nevada-Las Vegas at Air Force, 9 p.m.
No. 12 Hevada-Las Vegas at Air Force, 9 p.m.
No. 13 San Diego State at Colorado State, 4 p.m.
No. 14 Florida vs. No. 18 Mississippi State, 1:30 p.m.
No. 15 Crejbotho vs. Bradley, 8:05 p.m.
No. 15 Virginia at NC State, 8 p.m.
No. 19 Virginia at NC State, 8 p.m.
No. 19 Kansas State vs. Oklahoma, 7 p.m.
No. 22 Kansas State vs. Oklahoma, 7 p.m.

WESTERN CONFERENCE

AATS LEKIA CO	141 EIV	LIN		
	W	L	Pct	GB
d-Oklahoma City	14	3	.824	_
Denver	12	5	.706	2
Utah	10	5	.667	3
d-L.A. Clippers	9	5	.643	31/2
d-Memphis	10	6	.625	31/2
San Antonio	11	7	.611	31/2
Dallas	11	7	.611	31/2
Houston	10	7	.588	4
Portland	10	7	.588	4
L.A. Lakers	10	8	.556	41/2
Minnesota	7	10	.412	7
Phoenix	6	10	.375	71/2
Sacramento	6	12	.333	81/2
Golden State	5	11	.313	81/2
New Orleans	3	14	.176	11

Tonight's gmnes

All Times Eastern

New York at Cleveland, 7 p.m. Charlotte at Washington, 7 n m. New Jersey at Philadelphia, 7 p.m. Miami at Detroit, 7:30 p.m. Indiana at Chicago, 8 p.m. Milwaukee at Houston, 8 p.m. New Orleans at Oklahoma City, 8 p.m. Minnesota at Dallas, 8:30 p.m. Atlanta at San Antonio, 8:30 p.m. Toronto at Utah, 9 p.m. Denver at Sacramento, 10 p.m. Portland at Golden State, 10:30 p.m. L.A. Clippers at L.A. Lakers, 10:30 p.m. Tomorrow's games Boston at Orlando, 8 p.m Memphis at L.A. Clippers, 10:30 p.m.

NFL PLAYOFFS

PRO BOWL

Sunday, Jan. 29 At Honolulu All Times Eastern NFC vs. AFC, 7 p.m.

SLIPER BOWL

Sunday, Feb. 5 At Indianapolis

New England vs. N.Y. Giants, 6:20 p.m.

LACROSSE

NLL

All Times Eastern

EAST DIVISION

	GP	W	L Pct.	GF	GΑ	GI
Buffalo	2	2	01.000	26	19	-
Rochester	2	1	1.500	31	24	1
Philadelphia	2	1	1.500	22	31	1
Toronto	2	0	2.000	19	26	- 2

GP W L Pct. GF GA 3 3 01.000 46 38 3 2 1.667 37 32 1 0 1.000 14 20

Calgary Minnesota Edmonton 1 0 1.000 12 13 2 2 0 2.000 19 23 2¹/₂ WEEK FOUR Friday's games Rochester at Toronto, 7 p.m. Philadelphia at Buffalo, 7:30 p.m.

Saturday's games Buffalo at Minnesota, 8 p.m. Rochester at Colorado, 9 n m Toronto at Calgary, 9 p.m. Edmonton at Washington, 10:30 p.m.

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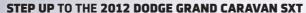


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10 VEHICLES WITH 40 MPG HWY OR BETTER









Fuel miser

The Skyactiv's performance is achieved from a higher-than-usual 12.0:1 compression ratio. Normally this would necessitate a premium-gasoline diet, but changes to the fuel management and engine design allow it to burn lower-octane — and less expensive — regular fuel.

The Skyactiv's six-speed automatic is the real fuel miser here with a consumption rating of 7.1 l/100 km city and 4.9 highway.

That's a major improvement over the 8.7/6.0 rating of the five-speed-automatic/base-2.0 combo.

Peppier ride

A few hundred kilometres of seat time confirms that the nature of the Mazda3 has changed for the better.

Although hardly a rocket ship (check out the 263-horsepower Mazdaspeed3 if that's your pleasure), the new model drives in a much sportier manner and certainly feels peppier.

Engine

Compared to the standard Mazda3, there's a revised — as in more aerodynamic — nose and tail. There's also a new Skyactiv 2.0-litre four-cylinder engine that's brimming with high-tech tricks.

It produces 155 horsepower and 148 pound-feet of torque. The base non-Skyactiv 2.0-litre engine makes 148 horsepower and 135 pound-feet of torque and is only available in base of the sedan. The optional 167-horsepower 2.5-litre four-cylinder also carries over in both sedan and hatch.



Forget hybrids: Mazda's not giving up on gas



It's common for automakers to give labels to their more fuel-efficient offerings, whether that efficiency is real or perceived. It's marketing and sales at its finest

There's Ford's EcoBoost line of engines as well as Chevrolet's Ecotec and eAssist. And of course there's Toyota's Hybrid Synergy Drive electric/gas system.

Mazda, however, has taken the name game one step further by branding a whole car with its new "Skyactiv" magic wand.

The rationale behind this approach is straightforward. Mazda thinks traditional gasoline and diesel engines will remain the

most popular form of automotive propulsion for the next few years. It therefore makes sense to continue refining those powerplants to be more efficient rather than spending millions of dollars on alternative-fuel vehicles, which make up a tiny slice of the pie.

Fair enough, but the reality is that other manufacturers are also refining internal combustion while still finding the resources to explore hybrids and electrics. Just look at the Chevrolet Volt. But what you won't read elsewhere is that Skyactiv is really a wholesale approach to a better driving experience with a reengineered chassis, transmissions and steering.

Fuel economy is just one aspect.





Mazda₃ Skyactiv



What you should know about the 2012 Mazda3 Skyactiv:

- Types: Four-door, frontwheel-drive compact sedan.
- Engine (hp): 2.0-litre DOHC I4 (155).
 - **Transmission:** Six-speed manual; six-speed automatic (opt.).
- Market position: You won't hear about any Mazda gaselectric hybrid models anytime soon as the automaker specializes in sporty, fuel-efficient vehicles under its Skyactiv banner. But does that really make the strategy unique?
- Mileage: L/100 km (city/hwy) 7.1/4.9 (AT).



By comparison

Ford Focus

Base price: \$17,600 2012 version available in sedan, hatch formats plus upcoming electric model.



Honda Civic

Base price: \$16,400 Sedans and coupes offer a good mix of performance and fuel economy.



Hyundai Elantra

Base price: \$17,350 Cool-looking sedan delivers great looks and excellent fuel





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It might be time to drive the dream

Auto show season kicks off the right way in Detroit With automakers feeling bullish, we stand to reap the benefits



The Honda executive presenting the new Acura NSX supercar stood a never chance.

During the media days that preceded the 2012 North American International Auto Show, which wrapped up Jan. 21, he "kindly" invited the Detroit audience of journalists onto the stage for a look. Well, ask and ye shall receive: a flash mob of assorted scribes and photographers stampeded their way to their quarry with cameras blazing.

"I really thought the presenter was going to be trampled," said a nearby Honda public-relations type. This type of excitement is a rare sight at any auto show, and within three years the NSX concept will transform into a production hybrid halo car for Honda's premium divi-

Before the unveiling, at the opposite end of Detroit's Cobo Hall, Mark Templin, general manager of Toyota's upscale Lexus division, had warmed up the press with the flashy LF-LC hybrid sports-car concept, which is rumoured to be productionbound.

Sandwiched between these exotic automotive bookmarks were two more sports cars that share the same basic architecture and powerplants. Both the rear-wheel-drive BRZ and the FR-S that Toyota will market under the Scion label will go on sale later this year.

And providing a sidebar to all this sporty action was Hyundai's 2013 Genesis Coupe and Veloster hatchback. The Genesis features new looks and significantly added power for both the base 2.0-litre turbocharged four-cylinder and the 3.8-

new speed matic transmissions to ment manual transmissions. Meanwhile.

2013

had with a turbocharged version of its 1.6-litre engine that bumps the power to 201 ponies from 138.

The predominantly special-interest machinery provides a clear indication that the global community of automakers is feeling decidedly bullish about the future and is enthusiastically releasing plenty of new stuff, from ultra-green electrics to pricey exotics and everything in between.

Filling that "in-hetween" area is the traditional four-door sedan, represents

sweet spot for car companies where volume sales drive revenues and the competition.

In this arena, Ford's 2013 Fusion sedan is very big news indeed. It's clearly influenced by the Aston Martin Rapide, Audi A7 and other high-end fourdoor "coupe" designs, but still it manages to look singularly spectacular.

The Fusion will be offered in front- and all-wheel-drive and with a choice of manual and automatic transmissions. There will be two turbocharged

cylinder gasoline engines and one non-turbo fourcylinder engine, in addition to gas-electric hybrid and plug-in hybrid models. No other brand comes close to matching the Fusion for powertrain variety.

For added luxury, the equally elegant 2013 Lincoln MKZ will provide similar looks in a more upscale package. The MKZ and Fusion traditionally share the same platform.

Another premium offering is the 2013 Cadillac ATS sedan that's a step down in size from the CTS. Available engines include a 200-horsepower four-cylinder, a 270-horsepower turbocharged four-cylinder

> power V-6. The ATS is touted as being a competi-

> > the BMW Series sedan. which is certainly a tall order.

If the Detroit show is any indication.

Whimsical

Despite the fact that auto shows in general are more reality based than they used to be, this year's auto-show season will provide plenty of purely whimsical concepts. For example, BMW has its i3 electric and stunning i8 hybrid concepts and the Smart brand is showing a wacky electric hauler called the Forus. As well. Tovota's NS4 hvbrid provides a possible clue as to how much better the next-generation Prius might look.

this year there will be very few new trucks or tall wagons running the circuit, which is really no surprise based on recent trends that have both buyers and automakers thinking about size, fuel economy and bang for the buck.

Still, it's rare to see the kind of stage-trampling excitement that the NSX concept garnered, which, coupled with a healthy year for the auto industry and slight economic improvement, could mean that more people are thinking about driving the



PRIUS-C LOOKS TO EXPAND HYBRID LO

vbrid sales are steadily increasing. But it's been a tough slog, like the road under them has been curiously strewn with chicken fat, or some other equally slippery substance.

Hybrids still seem only to attract those "early adopters" of technology. Mainstream buyers still stay away in droves.

Will mainstream buyers

ever make the shift?

I put that question to Jim Lentz, president of Toyota's U.S. sales division, just after he had the honours of unveiling the automaker's newest hybrid — Prius-c at the recent auto show in Detroit.

Lentz felt some mainstream buyers have already made the shift, by virtue of their acceptance of the hybrid versions of Camry and Highlander. He admitted, however, that mainstream hybrid buyers have yet to show up "in abundance."

AUTO PILOT



MIKE GOETZ DRIVE @METRONEWS.CA

"But think by the middle of this decade, it will become a mainstream technology,' said Lentz.

Earlier, he had outlined how the company plans to grow its hybrid business: by getting more hybrids into

the hands of early adopters of every stripe, and letting this increasingly larger group prove the righteousness of the technology (not his words exactly). Then, these early adopters become advocates of the hybrid cause and help it reach broader appeal.

Well that's one way of looking at it. The other is that mainstream buyers have had lots of chances to take long, hard looks at hybrid technology and said "no thanks."

Lentz acknowledges that

mainstream buyers are partially focused on fuel prices. If they go up, they should turn to hybrids. If they don't, they might not.

For that reason, he wouldn't hazard a guess as to what percentage of Toyota sales might be hybrids and/or other alternative technology in the next few years.

"The price of fuel is such an extreme driver of that," noted Lentz. "Once hybrids are accepted throughout the mainstream, beyond the fluctuation of price, it will be easier to gauge that percentage.

But the hybrid plot certainly thickened with the introduction of this new Prius-c (the "c" is for city).

The newest member of the Prius family looks like a great, little hatch, even before you consider its billing as the most fuel-efficient vehicle you can buy without a plug. Toyota Canada says its combined city/highway rating is 3.7 L/100 km (53

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DRIVING FORCE

JIL McINTOSH

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One of the most dangerous drivers is the "red-light runner" — one who, whether through inattention or impatience, doesn't stop at a

Researchers are now working to predict which drivers are going to do this

Running a red light? I'm telling!

In the near future, your own car could be snitching on you

and potentially program your car to warn you.

Red-light runners can be identified because they don't have the right "braking profile," says Jonathan How, R.C. Maclaurin professor of aerospace at the Massachusetts Institute Technology (MIT).

"They're not slowing down, which could be a case of just having missed the light," he says.

"Or someone braking but not sufficiently, so the system would detect that they wouldn't likely stop in time.

By using these parame-

ters, the MIT researchers came up with an algorithm that predicts when an oncoming car is likely to run a red light.

Testing with data collected from an actual intersection. they correctly identified red-light runners 85 per cent of the time, predicting within a couple of seconds whether a driver would run the light.

That could give other drivers enough time to react, providing they were given the information.

The ideal warning, How says, is through an existing technology called vehicleto-vehicle (V2V) communication, in which cars wirelessly "talk" to each other to exchange informa-

Using the information in the algorithm, a car that suspects its driver isn't going to stop would broadcast that to other cars approaching the intersection. Those cars would flash warnings to their drivers, who could then brake or take other evasive action.

How says the system, built into new cars and retrofitted to existing ones, could potentially hit the market in five to 10 years.

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Crossword

Across

1 Protected

5 Transgression 8 Aaile

12 Yoked team

13 Japanese pond

carp

14 Hint

15 Making a vow

17 Luau dance

18 Excited

19 Carpentry tool

21 Campus mil. org.

24 Tennis stroke 25 Easy gait

28 Landlord's due

30 A Gershwin

brother 33 Piercing tool

34 YouTube upload 35 Sister

36 1980s-90s Chevy

subdivision 37 Top

38 Old

39 Bronze

41 Slow-cooker recipe 43 Photo finishes

46 Shortwave or CB

50 Eye part

51 Recent fad requir-

ing one to lie stiff 54 Baseball team

55 Have a bug

56 Satanic

57 Lady —

58 Ball prop 59 Archibald of NBA

Down

1 Former frosh 2 Wheelbase termi-

3 Yard trio

4 Last 5 Tackle moguls

6 Charged bit 7 In the offing

8 Jerk 9 Pipes and such

10 Legislate 11 Calendar quota 16 Mailina HQ

20 Choir member 22 Stumble 23 Relinquishes

25 Trail behind

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38 Stir 40 Bewildered

42 Coastal eagle 43 Chinese dynasty 44 Met melody

45 Quarrel 47 44-Down singer 48 First ltr.

49 Look longingly 52 Big fib

53 Hearty brew

Sudoku

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Yesterday's answer

23

52 53

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How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

Yesterday's answer ▶

4	3	6	1	8	5	7	2	9
9	5	2	7	3	4	8	6	1
8			2					
3	8	7	5	9	2	6	1	4
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5	9	4	3	2	6	1	7	8
7	6	8	9	5	1	3	4	2

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TC, I can't imagine life without vou. You are an amazing father, husband, and best friend. ILU4EVR NESSA

neil hollendaise-suase We worked beside each other everyday, I love it. I hope you will see this and we can have a happy endina. I hope tommorow vou forget your fork ..so we can share mine again. TAYLOR

Welsh Princess, Whereas others boasted of love but without the will to fight to keep it, ours has flourished more so through the hardships that we have faced. Although some problems were simply my own, you stood at my side and fought them with me. One other from Fort Sask, talked the talk but couldn't walk the walk. but you are my rock, my eternal love. I'm blessed to have you in my life. Each day I wake up beside you to see that you are an angel asleep on my shoulder. I love you, my love. HANDSOME



-7°/-12° Variable

Thursday Partly cloudy

Know what the weather will be 14 days from now. Check the 14 day trend

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ľoday's horoscope

T Aries March 21-April 20 You seem to be worrying about

something that is not worth the hassle. It's best if you let it go. ¥ Taurus April 21-May 21

The message of the stars is clear: Don't be hasty. You will get your chance to shine early next month.

II Gemini May 22-June 21 You'll have to deal with someone's negative emotions today, without

becoming negative yourself. Gancer June 22-July 22

Do you ignore a problem and hope that it will go away? Yes. This is one of those occasions when what looks like a problem really isn't.

Ω Leo July 23-Aug.23

Be careful what you say today because if you are not, someone could take it the wrong way.

MP Virgo Aug. 24- Sept. 22

Look on the bright side today, even if the news you receive is dark. According to the planets, you have little to worry about.

← Libra Sept. 23-Oct. 23

This is potentially one of the most exciting times of the year, so why are you so fearful that something bad is going to happen?

M Scorpio Oct. 24-Nov. 22

Try not to dwell on news, especially if it involves people you care for.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

₹ Sagittarius Nov. 23-Dec.

21 The signals you are getting from colleagues are jumbled. It might be wise follow your instincts.

**Y Capricorn Dec. 22-Jan. 20

You may be logical by nature but right now you are imagining weird

and wonderful things. That's OK. Aquarius Jan. 21-Feb. 18 Although you feel confident and full of life, this is probably not a

good day to take chances. H Pisces Feb. 19-March 20

The Sun in Aquarius at this time of year makes you more suspicious than usual but maybe that's no bad thing. O SALLY BROMPTON

Caption contest

"Shall we talk about the cymblism of this situation?"

RGC



write it!

Write a funny caption for the image above and send it to play@metronews.ca the winning caption will be

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